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North Quincy Ices Quincy In Boys' Hockey - Page 16



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The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 55 No. 23

Thursday, February 23, 2023

\$1.50



A SPRAY OF ice chips doesn't disrupt the focus of ice sculptor Craig McConnell at an ice sculpting demonstration Monday at Hancock-Adams Common. The ice sculpting demonstration was among the many attractions at the City of Quincy's Presidents' Day Winterfest. McConnell, shown here using a power tool to create a polar bear out of 900 pounds of ice, is the owner of Images in Ice. Assisting him was fellow ice sculptor Sam Sannie.

Quincy Sun Photo/Robert Bosworth

Councillors Seek Update On McGrath Highway Property

By SCOTT JACKSON

City councillors want the Koch administration to provide an update on the purchase of a McGrath Highway office building as well as an update on properties the administration has purchased using federal money.

A resolution on those items, introduced by Councillors Anne Mahoney and Nina Liang, was referred to the council's finance and oversight committees in an 8-1 vote on Feb. 13. Ward 1 Councillor David McCarthy voted against the resolution

without comment.

Mahoney first put forward the resolution on Jan. 30, but her colleagues could not consider the item at that time because it was not on the agenda for that evening's meeting.

The resolution asks for

an update on the purchase of the building at 6-10 McGrath Highway, which the city acquired in December for \$1.8 million. Mayor Thomas Koch has said the building was bought using American Rescue Plan Act

Cont'd On Page 23

'Remember The Ladies' Tea, Presentation March 4

In honor of Women's History Month, Mayor Thomas Koch invites the community to celebrate the legacy of First Lady Abigail Adams and salute the accomplishments of five remarkable Quincy women from the fields of arts and culture, non-profit, health and wellness, education and history.

Hosted by Emmy Award-winning 7News Reporter Kimberly Bookman, the presentation and afternoon tea will be held on Saturday, March 4th at the Quincy High School Auditorium, 100 Coddington St., from 1 to 3 p.m. with honorees including Manet Health Chief Executive Officer Cynthia Sierra, Quincy Public Schools Assistant Superintendent Erin Perkins, Quincy Community Action Programs Chief Executive Officer Beth Ann Strollo, Quincy Choral Society Music Director Sarah

Labrie and a remembrance of Abigail "Nabby" Adams Smith, daughter of John and Abigail Adams, by Massachusetts Historical Society's Adams Papers Editor in Chief, Sara Martin. The event is free to the public.

"Abigail Adams was one of the most important women of her generation," said Mayor Koch. "Women's History Month is a perfect time to celebrate some re-

markable women here in our community, women who make a difference every day contributing to the quality of lives for each of us. We celebrate Abigail's legacy in the spirit of each of these women."

For free ticket information, visit QuincyMa.gov/SpecialEvents and follow the City of Quincy across social media and quincyma.gov.

School Officials Outline Steps To Prevent Bullying

By SCOTT JACKSON

Quincy Public Schools administrators and principals outlined the steps the district has taken to prevent bullying during a recent meeting of the School Committee.

Erin Perkins, the district's assistant superintendent, and Maura Papile, the senior director of student support services, gave a presentation on the bullying prevention plan during the Feb. 8 school board meeting. They were joined by three

principals: Daniel Gilbert of North Quincy High School, Courtney Mitchell of South West Middle School, and Nicholas Ahearn of the Clifford Marshall Elementary School.

The district has had a bully prevention plan in place since 2010 and is in the midst of revising it. The plan was posted on the school system's website in December for public feedback, and it was altered based on some of the com-

Cont'd On Page 11



PRESIDENTS' DAY GREETING - Snow Queen stilt walker greeted fans of all ages at Monday's Presidents' Day Winterfest presented by the City of Quincy. Many of the attractions were featured on the Hancock-Adams Common. Looks like the President John Adams statue also showed some interest in the activities (background right). More photos in the March 2nd issue of The Quincy Sun. Quincy Sun Photo/Robert Bosworth

House Fire Displaces Four People - Page 10

March Children's Events At Library - Page 13

Free Jacks Rugby Home Opener March 11 - Page 15

More Quincy news:

The Quincy Sun.com





Daisy, Brownie Girl Scouts Work On Good Neighbor, Community Badges

MULTI LEVEL DAISY and Brownie Quincy Girl Scout Troop 83328 worked on their Good Neighbor Badge and Celebrating Community Badge Feb. 1. The scouts, leaders and parent volunteers visited the Adams National Historical Park Visitor Center office, toured Hancock Adams Common, and met with City Historian Bob Damon and Director of Tourism Dagny Ashley. The group toured meeting spaces within City Hall, the James R. McIntyre Government Center Great Hall and ended the visit with a tour of Mayor Thomas Koch's office and a question and answer session with the mayor. The scouts had a truly memorable experience, and scouts, leaders and parent volunteers extend a sincere thank you to all of the organizations involved that helped make this afternoon a success.

Courtesy Photos



More Quincy news:
The Quincy Sun.com

3 Restaurant Liquor Licenses Among 7 OK'd By Board

By SCOTT JACKSON

The city's licensing board granted seven requests at its most recent hearing, including restaurants' requests for liquor licenses.

The Board of License Commissioners approved the licenses during its Feb. 14 meeting.

Among the items the board approved was the transfer of the on-premises all-alcohol license presently held by Sujon Corp., the owners of Punjab Café at 653 Southern Artery, to Dasuya Inc. Following the transfer in ownership, the restaurant will continue to operate under the same name as before.

Rakesh Kumar, the new operator of Punjab Café, currently owns restaurants in Manchester and Nashua, NH, his attorney, Louis Cassis, told the board. Cassis said his client does not plan to make any major changes to the restaurant once he takes over, though the restaurant will allow in-person dining once again; Punjab Café has been take-out only the last few years.

Cassis said the restaurant will likely be open from 11 a.m. to 3 p.m. for lunch and from 4:30 to 9:30 p.m. for dinner.

The board also approved the request of Thai Saap Kitchen, located at 3 Brook St. for a beer and wine license. Its hours of operation are 11 a.m. to 9:30 p.m.

Manager Wikanda Witted said customers of the Thai restaurant, which has been open for the past several years, have been asking if they could purchase beer or wine with their meals.

The board likewise approved the request of Wealth Seafood Restaurant, located at 1 Brook St., for an all-alcohol license. The eat-

ery's hours of operation are 3 p.m. to 1 a.m.

The restaurant, which offers Asian cuisine, has been open since September 2022, attorney Chung Lee said. The owners were seeking the liquor license based on "overwhelming requests" from customers, Lee said. Alcohol will be served to customers along with their meals, he added; the restaurant does not plan to operate as a bar.

Also approved on Feb. 14 was the request of St. Mary's Center for a special-use permit and one-day liquor license for its annual Eat. Drink. Model Fashion Show on the Marina Bay boardwalk on June 20 (rain date of June 21). Nora Lehan said last year's event had nearly 400 people in attendance and a similar crowd is expected this time.

The board also approved the request of the New England Free Jacks for special-use permits and one-day liquor licenses for the rugby team's games and other special events at Veterans' Memorial Stadium between March and the end of August. This will be the rugby squad's second full season playing home games at the stadium; the team moved to Quincy from Weymouth in the middle of the 2021 season.

Also approved during the meeting was the request of Tony's Clam Shoppe, 861 Quincy Shore Dr., for a cabaret license that will allow the restaurant to provide outdoor music on its patio when the weather permits it. Tony's had received several one-day cabaret licenses last fall, and City Clerk Nicole Crispo, the chairperson of the licensing board, said she had gotten positive feedback about those occasions.

The board likewise approved the request of SVN Group LLC d/b/a Bheemas

Indian Cuisine for a common victualler license for the premises at 271 Quincy

Ave following a change in ownership. The restaurant will be open from 11:30

a.m. to 3 p.m. and from 5 to 10 p.m. No operational changes are planned.



WARD 3 CITY Councillor Ian Cain recently met with the Future Leaders of America from Cub Scout Pack 42. These Scouts are the Arrow of Light (AOLs) of Pack 42; the AOL program is the last year of the Cub Scout program before the Cub Scout crossover to become Boy Scouts. Councillor Cain led a discussion on local government and citizenship themed "Building a Better World," which fulfilled an AOL requirement for the Cub Scouts. From left to right - (front) Jaden Yan, Jason Chhetri, Max Pires, Christopher Maranda, Mathias Lee; (back) Brayden Gorman, Ward 3 Councillor Ian Cain, Max Curry and Diane Theberge (background).

Courtesy Photo

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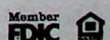
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St. Patrick's Day at Bethany Thrift Shop!

22 Spear St., Quincy

St. Patrick's Day items, SILVERPLATE cutlery and misc. SILVERPLATE Tea Set Pieces, New Shoes \$10; New tops \$5.

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The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Editor and Publisher

Henry W. Bosworth, Jr.
Founder - 1968
Editor and Publisher
Sept. 26, 1968 - Feb. 7, 2009

\$1.50 per copy newsstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.TheQuincySun.com
email address: thequincysun@verizon.net
Circulation Dept. email address:
quincysunsubs@gmail.com

Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

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Moments in time

THE HISTORY CHANNEL

• On **March 7, 161 A.D.**, Marcus Aurelius became emperor of Rome at the age of 39, after the death of his predecessor, Antoninus Pius, and after patiently waiting more than 20 years to assume that role. He was extremely popular, and his reign would later be recalled as a "golden age."

• On **March 9, 1562**, kissing in public was banned in Naples, Italy, and actually punishable by death, but not for reasons of morality. Rather, it was part of an effort to halt the spread of a plague throughout Europe. Perhaps unsurprisingly, the legislation failed to achieve its goal.

• On **March 8, 1941**, Hugh Mulcahy, a pitcher for the Philadelphia Phillies, gained national attention when he became the first major league baseball player to be drafted into the Army. He continued to pitch during his service, which lasted for four years, before he returned to his old team.

• On **March 6, 1986**, American painter Georgia O'Keeffe, whose work included large-format paintings of natural forms, especially flowers and bones, died at age 98. She had continued painting, with the help of assistants, into her last years, even though nearly blind from macular degeneration.

• On **March 10, 1988**, Prince Charles narrowly escaped death from an avalanche while skiing at a Swiss resort. Sadly, though he managed to help dig out the body of his friend Major Hugh Lindsay, a former aid to the Queen, Lindsay was declared dead on arrival at a local hospital. Diana, Princess of Wales, and Sarah Ferguson, Duchess of York, had accompanied Prince Charles on the trip but were not skiing when the avalanche occurred.

• On **March 10, 2015**, a copyright infringement suit filed against Pharrell Williams and Robin Thicke led to a record payout of \$7.3 million to the family of Marvin Gaye. Williams and Thicke had copied from Gaye's 1977 hit "Got to Give It Up."

• On **March 11, 2020**, the World Health Organization declared that the COVID-19 outbreak was a pandemic, citing more than 118,000 cases of the coronavirus illness in over 110 countries and territories around the world.

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Growing catnip

Set out catnip seedlings in a sunny, well-drained spot after the last frost of spring, spacing them 18"-24" apart (some can grow to 5 feet tall). Water regularly, and pinch back any spindly growth to get fuller, more robust foliage. Outdoor cats can be rough on these plants, as they like to roll and lay on them; try placing bamboo stakes every few inches to prevent their destroying them. For "indoor" kitties, pick off a sprig and bring it inside for your cat to enjoy on the floor or in its favorite bedding. - Brenda Weaver

Source: bonnieplants.com

Library Bookstore \$5 Bag Sale March 2, March 4

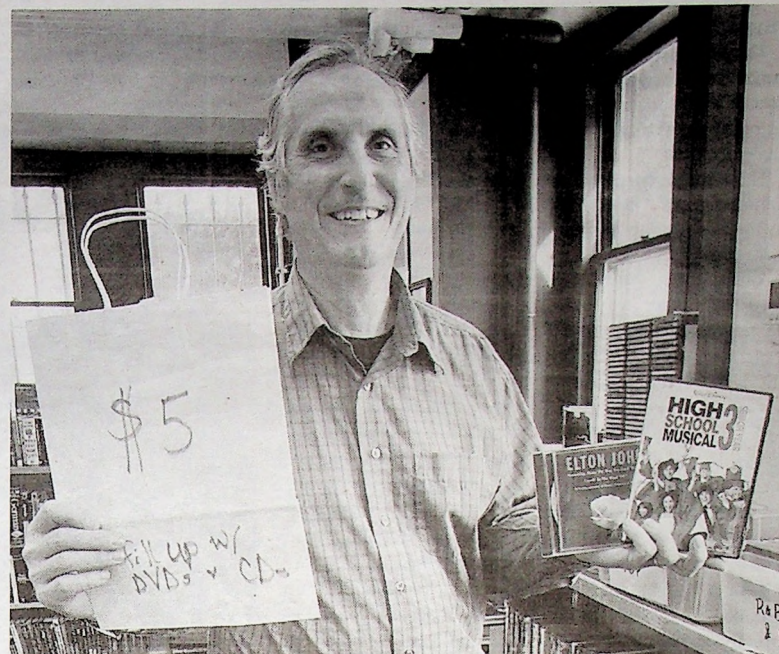
For the first week in March, the Crane Library Bookstore is again offering its Media-Madness \$5 Bag Sale on all DVDs and CDs.

On Thursday, March 2nd from 6 to 8 p.m. and on Saturday, March 4th from 10 a.m. to 4 p.m., patrons can purchase a 14 x 9.5 x 10" paper bag for only \$5 and fill it with an excellent assortment of gently-used DVDs and CDs of the customer's personal choices.

Because the bookstore has received so many donations of DVDs such as films, TV shows, and all genres of music, the shop's shelves are overflowing with media to entertain adults and children, so come and pack your bag with winter pastimes.

If reading is more your preference, a wide variety of fiction and non-fiction hard cover books sell for \$2 and paperbacks for \$1, with even lower pricing for children's books and mass-market paperback novels.

Bookstore sales of gently-used materials support the library's diverse community programs not funded by the city, such as movie screenings, how-to



CRANE LIBRARY BOOKSTORE volunteer and Quincy resident Kenneth Shurtluff invites the public to fill up a bag of media items for only \$5 on March 2 and March 4.

Photo Courtesy Anne Acton

programs, concerts, museum discounts and passes, public lectures, and the all-important special events for children and teens.

Open on Thursday evenings from 6 to 8 p.m. and on Saturdays from 10 a.m.

to 4 p.m., the intimate shop located at the rear of the library with its own entrance on Spear Street is managed and staffed completely by volunteers and welcomes all those interested in helping out.

The bookstore accepts donations of books and media in re-sellable condition. Materials in poor condition, magazines, encyclopedias, textbooks, outdated reference books or computer software and games cannot be accepted.

Eyes - Not Just The Window To The Soul

By Dr. CAROLANN SPERANZO

Poetics have long noted that the eyes are the window to the soul. Now, recent research shows they have more to offer.

A study by mechanical engineers from the University of Colorado Boulder published last December found that eye movements are linked to decision-making. Science has documented how the optic nerve works to transmit data to the brain allowing one to see the surroundings. Testing was done with subjects on a treadmill walking while observing a monitor reflecting a need to choose among slow walk, inclines, and steep inclines. As the subjects made their selection, their eye movements were tracked by a camera device mounted in front of them.

While the subjects were walking, their eye movements were steady and slow. The design of the treadmill included on-screen updates for different levels of exercise. As the subjects viewed the monitor to decide the level of intensity, when making a choice of the level their eye movements became faster. Once the choice was made, the movements returned to a slower pace.

What does this mean? It means eye movements reflect

QHS College Planning Night For Juniors, Families March 2

Quincy High School Guidance Department will host a College Planning Night for juniors and families Thursday, March 2 from 6:30 to 8 p.m. at the QHS Lloyd Hill Auditorium, 100 Coddington St., Quincy.

A panel of college representatives will be present to address the college admissions process. Juniors and their families are strongly encouraged to attend.

Freshmen and sophomores and their families are also welcome to attend.

Mite Box Thrift Shop Sale

Winter sales at the Mite Box Thrift Shop at the Parish of St. Chrysostom, 1 Linden St., Quincy will be ending on Friday, Feb 24th.

All coats, sweaters, and selected items will be 50 percent off. The shop is open Wednesdays and Fridays from 10 a.m. to 3 p.m.

Bible Study At K Of C Feb. 28

Bible study is held every second and fourth Tuesday of the month at the Knights of Columbus, 5 Hollis Ave.,

North Quincy.

The study is set for Feb. 28. Pizza and food available.

how a person makes a choice whether it be how they exercise or even how they make choices every minute of the day. It is projected that individuals make more than 35,000 decisions every day from what time to get up to what to eat, what to wear and every thought and action. Now, scientists feel such findings may be helpful as a diagnostic tool that monitors eye movements for identifying certain conditions and diseases - from depression to Parkinson's. This suggests that physicians have another, non-invasive way to discern health issues and potential progress. It is fascinating to consider assessing eye movements offers a means to understand brain activity from the outside.

Not only have the poets expounded on the romance and warmth of looking into another's eyes, but now physicians and other scientists have another reason to look into a patient's eyes - as an additional method of assessing a patient's health and well-being. The eyes have now expanded from being a window of the soul to become a monitor for viewing elements of an individual's physical condition. The eyes - not just a window, but a gateway for decisions, learning and health.

Dr. Carolann Speranzo, DHS is a Registered Dispensing Optician and owner of SECOND SIGHT in Quincy since 1979. She is a Fellow of the National Academy of Opticianry and the Contact Lens Society of American and certified by the American Board of Opticianry and the American College of Healthcare Executives. Speranzo is also an Adjunct Professor at MCPHS School of Healthcare Business and can be reached at 617-773-1178 or second sighteyewear@verizon.net

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Squantum School PTO Offering Scholarships

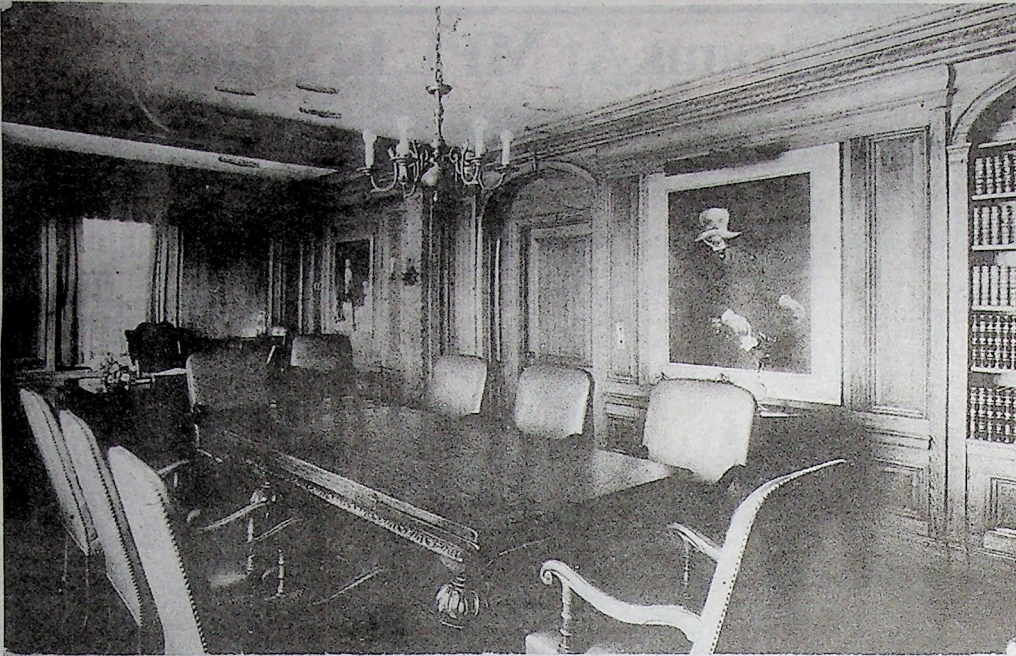
Squantum School Parent Teacher Organization will be offering two scholarships this year awarded to graduating seniors who attended the Squantum School.

Two \$250 Squantum School PTO scholarships are available: one male recipient and one female recipient.

Application forms are available in the guidance offices at North Quincy High school and Quincy High School. Applicants can also pick up applications in the main office at Squantum School.

Applications must be completed and returned to Squantum School on or before Friday, April 14. Scholarship winners will be chosen by lottery drawing under the direction of the Squantum School PTO.

Scenes From Yesterday



THIS 1929 POSTCARD was one of a series published by the Granite Trust Company to mark the opening of their new 10-story art-deco bank building in Quincy Square. This is a view of the Directors Room at the top of the building with a picture of the bank's president, Theophilus King. King had come to Quincy as a young man and served as president of the bank for 50 years. He was involved in many other businesses including

being president of the Quincy Quarries Company that owned and leased out many of Quincy's now defunct quarries. Along with his son, Delcevere, who succeeded him at the bank, King was also one of Quincy's most generous philanthropists. The King Family Trust has provided annual gifts to dozens of Quincy's churches and service organizations.

From the Tom Galvin Postcard Collection

READERS FORUM

Embrace Quincy As A Multicultural Community

Quincy is changing for the better. Let's recognize and embrace it.

Quincy is now a multicultural community and we are stronger for it. Our schools are already majority-minority at 60 percent. Our overall community is 45 percent minority with 35 percent pan Asian, 10 percent BIPOC (Black, Indigenous and People of Color), with many mixed race families from over 100 countries. Let us embrace the richness of multiculturalism, not deny its reality.

We would like Quincy to support the creation of a city-wide department devoted to DEI issues and initiatives.

Having a citywide department devoted to addressing these issues and improving the experience of city residents who come from traditionally marginalized groups is critical.

While it's true that the creation of such a department will never "cure" racism, discrimination, and prejudice, such a department can help to create positive change in city systems and institutions and improve the quality of life for ALL of our residents.

We want peace and justice in Quincy.

Bonnie Gorman RN
Quincy MA

Council, Administration Should Plan Land Correctly

I would like to thank the City Council's ordinance committee for hosting a public hearing on Feb. 13th, 2023 on the proposal to extend the Granite Links lease extension to 99 years, while the present lease is still in power for 20 more years. And second, credit Maria Mulligan and her committee who initiated and mobilized concerned citizens to the hearing of the proposal and petitioned more than 400 signers.

First at the hearing the proponent presented a Power Point presentation and its plans to install signage to the trails and start clearing the overgrown trails and stalled maintaining the ball field and corrects the flooding. However, I was disappointed that the public was not allowed to present their PowerPoint presentation. That would have given the people an excellent opportunity to see and hear the citizens of Quincy and Milton the facts of the many unfulfilled commitments originally listed in the lease agreement. And, also hear the concerns of such a long lease agreement and the possible consequences it may present in the future for City officials 120 years from now and have then have no recourse once approved.

Although the ordinance committee chair stated the possibility of citizens present their Power Point to the committee at later date. I also learned, to my surprise, that there has not been any oversight or enforcement if the developer of the Golf Course was in compliance to the agreement.

At the hearing the public was asking why in such a rush now? To grant the authorization of some 540 acres of public

land to have one company control all aspects of this land and its potential development is setting a precedent we have not had in Quincy. Yes - there is an exception of 99 year lease agreement of the air-rights over the MBTA Quincy and North Quincy Stations and the city lot for Father Bill's Place.

This however, is a totally different issue; we are planning for the future of hundreds of acres of open municipally owned space, owned by the people of Quincy.

I was impressed by the excellent testimony and research Maria Mulligan's group of concerned citizens had conducted to present the case to the ordinance committee: the unfulfilled and noncompliance issues by the developer, such as, the trails, maintenance of the ball fields, flood control, signage, master plan and the revenue the city has received or the revenue the city perhaps should have received in today's economic arena. All these issues were brought up articulately by the presenters.

Finally, if this municipal land is now planned correctly the future generations are praising and thanking the City of Quincy and its Administration for their farsightedness smart vision they had approved, or they are going to lament what a lack of foresight the City had when they granted this 99 year lease extension agreement in 2023. The City Council and the Administration shoulders' now rest the future of the more than 540 acres of municipal open space.

In other words, the City Council and the Administration is making history by preserving our history by helping plan this land correctly and farsightedly being mindful of the future generations to come.

Anneli Johnson
Quincy

Quincy's Yesterdays

This Week
1980
43 Years Ago

Garage Bond Issue Faces Struggle

The \$1 million bond issue sought by Mayor Arthur Tobin to add two floors to a downtown parking garage faced tough sledding at a special meeting of the City Council.

The proposal required a two-thirds vote of the council or six votes to pass, and a Quincy Sun survey prior to the meeting showed two councillors against it, one not voting, one undecided and one unavailable for comment.

"I can't see bonding city money for construction of the garage," said Council President Leo J. Kelly, who said he planned to vote against the bond. "It just opens us up to other problems." Councillor Stephen McGrath also said he planned to vote "no" on the bond proposal.

Councillor Francis X. McCauley, who is president of the Presidential Cooperative Bank, said that he would not vote on the issue for fear of conflict of interest since his bank is on land that figures in another phase of the project.

PRESIDENTIAL PRIMARIES NEXT TUESDAY, 35% TO 40% TURNOUT PREDICTED

A high vote turnout of 35 percent is expected for Tuesday's presidential primary that features contests on every ballot including rival slates for the Democratic Committee in Ward 2.

City Clerk John Gillis predicted a 35 percent turnout and he added it could go much higher if Sen. Edward M. Kennedy were to make a good showing against President Carter in New Hampshire.

Major candidates for the Republican nomination for president included Cong. John Anderson, Sen. Howard Baker, George H.W. Bush, former Gov. John Connolly, former Gov. Ronald Reagan and Sen. Bob Dole.

The Democratic ballot contains the names of President Jimmy Carter, Edmund Brown, Jr., and Sen. Kennedy.

QUINCYSIMS

Ruth Johnson, Girl Scout service cookie manager for Quincy, is coordinating the cookie distribution for troop cookie managers of the city's 38 Girl Scout troops... **Brenda Morrison**, daughter of Mrs. Meredith Morrison, 16 Doyle Terrace, Germantown, was named to Dean's List for the first semester at Nason College, Maine... Marshfield Stove, 138 Washington St., Quincy Point, was advertising "Wood Stoves 50% Off on Selected Models." The ad warned that the per gallon cost for oil could reach \$2 by September 1980... *The Quincy Sun* Sunbeams Column noted that **Ward 5 Councillor Stephen McGrath** had his eye on the Second Norfolk Representative District seat presently held by **Rep. Thomas F. Brownell**... Little opposition was expressed at a public hearing on the proposed Burgin Parkway Extension held by the Massachusetts DPW at the Lincoln-Hancock School. Target date for the completion of the project was the spring of 1983. (Editor's note: The groundbreaking for the project was held July 1984 and the road opened for traffic the day before Thanksgiving 1985)... **Rev. James L. Kimball**, pastor of Faith Lutheran Church, attended a two-week orientation clinic of the Bethel Series, an international Bible study program in Madison, Wisconsin... Old Colony Bank and Trust Company, 1449 Hancock St., Quincy Center, was advertising "Six Month Certificates of Deposits, \$10,000 Minimum With An Interest Rate of 13.629%"... **Mayor Tobin** received an eight month-old German shepherd named "Snoopy," a gift of the Sons of Italy Quincy Lodge. The dog is trained to sniff for hidden drugs and was assigned to the Quincy Police Department... **Melissa McCauley**, daughter of Councillor and Mrs. Francis X. McCauley, 210 Manet Ave., Houghs Neck, was named to the Dean's List with high honors at Northeastern University. Miss McCauley, a 1979 graduate of Quincy High School, was majoring in physical therapy... Two Quincy women were seeking re-election to their respective State Committee posts. **Miss Kathleen O'Donnell** was running for re-election as the Democratic State Committeewoman in the Norfolk Senate District. **Mrs. Kathryn Roberts** was seeking re-election as the Republican State Committeewoman in the same Senate district... Uses for three Quincy elementary schools scheduled to close this year (1980) included: A marine center for the Great Hill School in Houghs Neck; a warehouse for the Myles Standish School in North Quincy and the C.E.T.A. Headquarters for the Cranch School on Hospital Hill. (Editor's note: The Great Hill School was torn down after a fire and the land converted to parkland; the Myles Standish School was utilized over the years by the Quincy Lodge of Elks and the Beechwood Community Life Center and was later converted to a senior center and the Cranch School was converted to condominiums).

More Quincy news:

The Quincy Sun.com

More Readers Forum On Page 10

Arts & Entertainment

Fun, Entertaining Programs At MPL In March

By JEAN HLADY
Milton Public Library

During the month of March, the Milton Public Library is offering some fun and entertaining events for adults and families.

The Virtual Networking Group for 50+ Job Seekers continues this month with four more meetings. The first topic will be "Develop your Resume - Part 1" which will be held on two dates, both Wednesdays, and they are March 1 at 9:30 a.m. and March 8 at 6 p.m. so that people have a choice of which time of day works for them.

Then, on Wednesday, March 15, at 9:30 a.m. and again on Wednesday, March 22, at 6 p.m., a second topic will be addressed which is "Develop your Resume - Part 2." These collaborative discussions will be held online and you may sign up at the Milton Public Library website: www.miltonlibrary.org to see more details about the series. Go to "events" (and the date on which you would like to participate) to register.

This career series is sponsored by the Tewksbury Public Library, with participation by over 60 other public libraries. For other question, call the Reference Dept. at (617) 898-4964.

The MPL Walking Club will meet at 12 noon in the parking lot on Thursdays, March 2, March 16 and March 30. Come join others for exercise and conversation, and this is a great way to meet new people. Please register for each specific meeting in advance at the Milton Public Library website.

And our continuing program called the Celebrity Book Club will be held as a hybrid event on Thursday, March 2, at 7 p.m. in the Keys Community Room. Library staff members Sally Lawler and Sara Truog will lead you in a fun, relaxed discussion of books recommended by popular celebrities. This month we are reading "Hamnet" by Maggie O'Farrell, which was recommended by Camilla Parker Bowles.

Sign up in advance to attend at the Milton Public Library website, and you may call the Reference Dept. to place a hold on the book.

The Library Knitting Group will meet this month on Thursday, March 2, at 7 p.m. and again on Saturday, March 18, at 10 a.m., both held in the lower level Conference Room. You may just drop by and enjoy sharing your fabric project (knitting, crocheting, or more) with other like-minded crafters to gain tips and tricks and socialize in the same time. If you would like to start receiving e-mail reminders for this fun program, send a message to jhlady@ocln.org and Jean will make sure you get on the organizer's list.

Then there will be a second concert in the library's spring series held this month. To celebrate the upcoming St. Patrick's Day where so many embrace all things Irish, a talented Celtic duo called Stanley & Grimm will perform on Saturday, March 4, from 2-3 p.m., in the Keys Community Room. This group will bring us a celebration of traditional Irish music and more, through new interpretations of jigs, reels, and songs played by fiddler Nikki Engstrom and singer/guitarist Sean Brennan.

The duo creates a musical journey through a bounty of tunes and ballads of all origins, alongside modern tunes and songs they have composed. This group takes their name from the makers of Engstrom's fiddle and bow. The Irish Rambler Radio Show describes them as having a "wonderfully pure, organic and authentic sound that makes them rank among the finest entertainers on this side of the Atlantic. Their arrangements and playing ability enables them to produce an acoustic tapestry which is close to perfection."

No signup is required to attend this enjoyable afternoon of music - just come in person and bring your friends and family, as all will be tapping their toes and singing along to some very fun tunes.

There will be a virtual talk with local historian, Sean Murphy, who will be back via Zoom to tell us about the historical significance of St. Patrick and the proud heritage of Ireland. The program is called "The Life and Times of St. Patrick" and it will be held on Tuesday, March 7, at 7 p.m. He will explore the reasons for the saint's mission in Ireland in the context of the rise of Christianity within the declining Roman Empire, and the impact of the huge migration of peoples from the Germanic regions of Europe into Western Europe, and you will learn about his achievements and the role that Irish missionaries had on the country.

Mr. Murphy teaches through the Irish Cultural Center of New England, at Cape Cod Sons of Erin, and more. Please register in advance at our website to receive the Zoom link, and we hope to see you join us.



THE CELTIC DUO Stanley & Grimm will perform on Saturday, March 4, from 2-3 p.m., in the Keys Community Room at the Milton Public Library. *Courtesy Photo*

World traveller Barry Pell will be giving a virtual travel talk called: "Bhutan: Travels in the Land of the Thunder Dragon" via Zoom on Tuesday, March 14, at 7 p.m. The small and predominantly Buddhist kingdom of Bhutan, squeezed between China and India, is tucked within the rugged Himalaya mountains and is mostly covered with thick forest. Monasteries, often massive and commanding, abound, with crimson-robed monks performing century-old rituals. The country has no traffic lights, smoking is illegal, and years ago, Gross National Happiness was identified by the nation as being more important than Gross National Product. You will see Barry's beautiful photography as you gain insights into a fascinating way of life that has only just begun to change after centuries of isolation. Please register in advance at the Milton Public Library website to receive the Zoom link. This talk is both educational and fun.

As part of "Milton Grows," a year-long initiative for all ages focused on gardening and sustainability, there will be several March programs.

The first is a virtual book discussion on Thursday, March 16, at 7 p.m. called: Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard with Tucker Smith of Sustainable Milton. Gather round via Zoom to talk about a hypothetical, new National Park. Everyone with a container of potting soil, a balcony, a patio, or a yard can take action to create this, thereby making our planet better.

Join Tucker to see interesting wildlife and landscape photos, and place a reserve on the book to read in advance, by calling the Reference Dept. at (617) 898-4964 or going online using your library card.

The second event is an in person workshop on Saturday, March 18, starting at 2:30 p.m. in the Keys Community Room and it is called "Starting Seeds Indoors." Join Tower Hill instructor Christie Higginbottom to learn about how to begin to grow from seed, as she will teach us which crops work best, the supplies needed and when to start, as well as how to manage growing seedlings, harden them off and transplant them to the garden. Registration for this in person event is required and limited.

Both of these "Milton Grows" events are funded by the federal Library Services and Technology Act, administered by the MBLC, and supported by our partners Sustainable Milton and the Friends of the Milton Public Library.

Instructor Marianne Zullas will be back to offer her one-hour Adult Yoga for Adults class on Saturday, March 18, starting at 11 a.m. This ongoing program is an in person

gentle vinyasa flow program which is designed to create movement and space in the body. Students will practice breathing techniques, asanas (yoga poses) and will also be introduced to exercises that will open some of the meridian pathways in the body to create a better flow of energy.

Marianne is a yoga teacher and a reiki practitioner, and her goal is to provide her students with the opportunity to dissociate from constant thinking in order to be in the present moment. For more details and to register in advance, please go to the Milton Public Library website as space is limited.

Then on Tuesday, March 28, at 7 p.m., there will be a virtual nature talk called: "Massachusetts Hikes Through History" with author Alison O'Leary. She will present the history of parks where we hike and recreate around Boston, along with hiking trail recommendations, tips, and inside info. Have you ever wandered through the woods and wondered who had been there before you? In Massachusetts, many parks and trails have been carved out of historical sites.

Ms. O'Leary is an award-winning journalist and co-author of several other books, and she will share her favorite destinations in our area. For more information and to sign up to receive the Zoom link, please go to the Milton Public Library website to register and read more about this event. We hope to see you there.

And finally this month there will be another "Milton Grows" program so we might learn all about flower arranging with Lisa Ahearn, who is the superintendent of the Milton Cemetery. She will return to the MPL on Wednesday, March 29, from 6:30 to 8 p.m. to offer a program called "Fresh Spring Ideas to Decorate Your Home" in the Keys Community Room. Lisa will make several arrangements, all of which will be raffled off to our lucky guests.

Get a start on spring with this special event. Advance registration for the in person program is required and the "Milton Grows" initiative is a year-long one for all ages focused on gardening and sustainability. It is funded by the Federal Library Services and Technology Act, administered by the MBLC, and supported by our partners Sustainable Milton and the Friends of the Milton Public Library.

For questions, please e-mail jhlady@ocln.org or call the Reference Dept. at (617) 898-4964. The Milton Public Library website is: www.miltonlibrary.org All of these events are kindly supported by the Friends of the Milton Public Library and are free and open to everyone. We hope to see you for an enjoyable program in March.

Social

Quincy Symphony Orchestra Concert Sunday At QHS

Quincy Symphony Orchestra will perform in concert Sunday, Feb. 26 at 2:30 p.m. at the Lloyd Hill Performing Arts Center, Quincy High School, 100 Coddington St., Quincy.

Yoichi Udagawa is the music director and the concert will feature Louise Farrence, Overture No. 1 Cecile Chaminade, Concertino for Flute with Rosemary Hinkle, flute; and Amy Beach, Symphony in E Minor. The QSO is now in its 69th season.

The auditorium is ADA accessible and free parking is available at the high school.

Admission is free - a donation is suggested. Masking and social distancing encouraged.

Rose Hinkle has been playing the flute since fourth grade when she thought she picked the clarinet because of the beautiful silvery sound it made. Clearly there was some sort of discrepancy between the pictures and the audio recording her general music teacher played, because when she arrived at her first lesson, the instru-

mental music teacher, a towering, deep-voiced, scruffy man handed her a silver instrument with keys that jutted out to the side. She didn't know how she could possibly play an instrument with keys she couldn't see, but too timid to confront her intimidating music teacher, she took the instrument and decided to try it. She instantly fell in love and has been obsessed ever since. Not having any formal training until college, she would even avoid social events to learn Bach's Orchestral Suite from a record that a neighbor had the audacity to give away or listen for hours trying to emulate the liquidity of James Galway's flute sound.

After receiving a bachelor's degree in music, she had the privilege of studying with two masterful teachers. Dan Riley was a highly sought after teacher of the New England Conservatory who taught her everything she knows about playing the instrument and David Cramer, the associate principal flute of the Philadelphia Orchestra taught her

how to find her own personality through flute playing and the expectations of orchestral performing. She is forever grateful for having found these individuals who have shaped not only her flute playing, but her personality for the orchestral world.

Performing with Yoichi Udagawa since 2013 in the Melrose Symphony Orchestra and Quincy Symphony Orchestra has been the highlight of her musical experience. Having the opportunity to recently perform the Chaminade Concertino in a chamber setting with the Cape Ann Symphony, she is super excited to be sharing this piece with the Quincy audience.

When not at rehearsal with Yoichi, Rose also enjoys playing piccolo with the Portsmouth Symphony and the North Shore Philharmonic, homeschooling her two children, spending time outdoors, and cooking with her husband, kids, and her miniature poodle.

For more information visit QuincySymphonyOrchestra.org.



PHOTOGRAPHS BY local photographer Owen Hartford will be on display in the Wotiz Gallery at Milton Public Library during the month of March. The photo above by Hartford is entitled "Shadows Forbes Estate" and is featured in the exhibit titled "Winter Light."

Courtesy Photo

'Winter Light' Photo Exhibit At MPL

During the month of March, local photographer Owen Hartford will display his photographs in the Wotiz Gallery at the Milton Public Library.

This exhibit is called: "Winter Light" and it includes images taken mostly over the last few months around Milton.

This is what the artist says about this body of work: "The qualities of sunlight in this season create interesting effects - indoors, outdoors, and in the sky. It's something we don't always notice, but the low angle of the sun can show you things you don't see during the rest

of the year. You see long shadows and the light creeping into odd places in your house."

The display includes landscapes, inside shots, street scenes and more, and they come together to create a nice variety of images for us all to enjoy.

Hartford has been a photographer, musician and composer. He started taking pictures as a teenager in San Francisco, taught photography at Boston University, and recently published "From Icicles to Africa," a book showcasing the diversity of photographic subjects and styles which will

be offered for sale at the upcoming reception.

The reception will take place in the Gallery on Wednesday, March 1, from 6-8 p.m. This event is free and open to all. The library invites the public to visit the exhibit March 1-31.

To learn more about Owen's work, visit his website: bluehillsmidia.com and for more information about applying to display your art at the MPL, e-mail jhlady@ocln.org or call the Reference Dept. at (617) 898-4964.

The Milton Public Library is located at 476 Canton Ave., Milton.

MassArt Art Museum Exhibition Features Work of May Stevens, Jace Clayton

The MassArt Art Museum (MAAM) presents two solo exhibitions this winter, featuring the work of feminist artist May Stevens and interdisciplinary artist, writer, and DJ Jace Clayton.

May Stevens: My Mothers January 26 - May 21, 2023



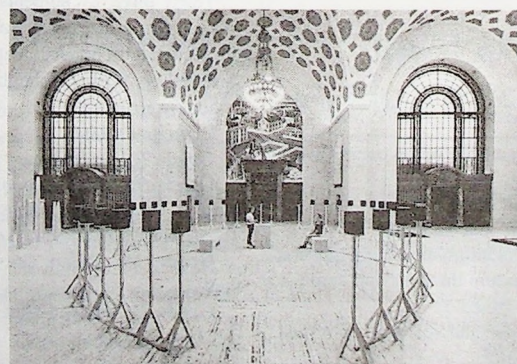
MAY STEVENS. *Forming the Fifth International, 1985*. Acrylic on canvas. © May Stevens; Courtesy of the estate of the artist and RYAN LEE Gallery, New York.

May Stevens: My Mothers, on view January 26 - May 21, 2023 in the Sandra and David Bakalar Gallery, pairs paintings of May Stevens' birth mother Alice Dick Stevens with her "spiritual mother" Marxist revolutionary Rosa Luxemburg. These paintings are tender explorations of both public and personal struggles; celebrations of revolution and public life; and demonstrations of the mundane. Born in Dorchester, MA in 1924, the late May Stevens (MassArt alumna, BFA Painting '46) believed that politics and art-making were intertwined. Stevens was a self-proclaimed feminist, and a founding member of both the Guerrilla Girls and the journal *Heresies*, who understood class and gender as a fundamental unspoken element in art history and liberation movements. Through figurative paintings, collaged works, and political pop canvases and works on paper, Stevens criticized American patriarchy, championed the Civil Rights movement, and imbued Marxist ideals into everyday life.

May Stevens: My Mothers is the first exhibition of Ste-

vens' work in Boston since her passing in 2019 and since her retrospective at the MFA Boston in 1999.

Jace Clayton: They Are Part
February 23 - May 14, 2023



JACE CLAYTON. *40 Part Part, 2022*. Commissioned by FRONT International: Cleveland Triennial for Contemporary Art and the New York Philharmonic. Photo: Field Studio Photography

Jace Clayton creates multisensory experiences that explore the unexpected and conversational nature of music from around the world. Interested in how sounds have and define social meaning, Clayton pens musical compositions, creates new audio instruments, and constructs participatory installations. **Jace Clayton: They Are Part**, on view February 23 - May 14, 2023 in the Stephen D. Paine Gallery, brings together three of Clayton's works that interweave memories, sound, and public spaces, to create what he describes as "those waves of magic that happen when the human spirit joins with technology."

MAAM is proud to present the East Coast premiere of the interactive installation *40 Part Part*. Fresh from FRONT International: Cleveland Triennial for Contemporary Art, the installation takes the form of 40 speakers arranged in a large circle pointing inward, transforming sound supplied by visitors via their electronic devices into a variegated and immersive sonic experience. Clayton will also debut a new

musical composition performed live by various community choirs throughout the run of the exhibition.

Rounding out *They Are Part* is *Sufi Plug Ins*, Clayton's own suite of poetic-yet-functional software instruments that invite visitors to make their own music. Informed by his roots as a DJ and his long-term collaborations with Moroccan musicians, the artist realized that most electronic music software defaults to Western standards making key features of non-Western music impossible to create digitally. *Sufi Plug Ins* is hardwired to North African quarter-tone scales enabling globally inclusive music making.

The MassArt Art Museum (MAAM) is Boston's only free contemporary art museum. After extensive renovations, MAAM opened in February 2020 in the space formerly known as the Bakalar & Paine Galleries at the heart of MassArt's campus on the Avenue of the Arts. MAAM is a kunsthalle, or non-collecting museum, showing temporary exhibitions that feature the work of emerging to established artists to bring fresh and varied perspectives to Boston.

As MassArt's teaching museum, MAAM is a resource for MassArt students and faculty, educating students about contemporary art, partnering with faculty to support the curriculum, and preparing students for careers in the museum field. As an extension of the College's public mission, the Museum offers pathways to education in the arts and free educational programming for the public.

Comedy Show Feb. 23 At Presidents Golf Course

R&B Singer and Television Host Alaura Lovelight opens for Jerry Garcia for Ms. Laddy's Funny Vibes Comedy Show at the Presidents Golf Course in Quincy, on Thursday, Feb. 23, 2023 at 8 p.m.

The show features funnyman Jerry Garcia of HBO's Comedy Special "It's not my Weekend" hosted by Ms. Laddy of Funny Vibes Comedy. Also featured will be a performance by Alaura Lovelight

Tickets are limited and on sale at <https://tinyurl.com/5fvxtb28> or directly through @ms_laddy_comedy on Instagram.

WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO

**Zucchini Frittata**

By MARIE

The way I look at it anything over 3 eggs is a frittata, at least in my family it is.

Today's delicious recipe is for a zucchini frittata. The nice thing about Zucchini is that they are always available in supermarkets in winter or summer.

Zucchini frittata left overs can always be reheated in the microwave or toaster oven making a quick and nutritious snack!

RECIPE

1/4 cup olive oil or cooking oil
2 medium zucchini, grated – should make about 3 cups, drain the excess moisture from the grated zucchini or blot with a paper towel
1/4 cup onion, finely chopped
1 large tomato, finely chopped

1/4 teaspoon dried oregano or Italian season (optional)
Salt and pepper to taste
6 eggs beaten
1/2 cup grated provolone or mozzarella cheese

Heat oil, add zucchini and onion and sauté until lightly browned.

Add the tomato, oregano, (if using) salt and pepper and sauté to evaporate the liquid.

Pour the eggs over the mixture and cook as you would an omelet until the egg is set and the bottom is lightly browned.

Sprinkle with cheese, cover and cook over low heat until top of frittata is set and cheese is melted.

Slide frittata on to a platter, cut into wedges and serve.

Italian Salad Dressing

By SUZIE

One of the big sneaky food culprits out there is salad dressing. Salads are a wonderful and delicious way to add healthy doses of veggies to your day.

But when you put on a dressing loaded with unhealthy highly processed oils (like soy or canola) sugars, and chemicals (especially the "light" or "fat free" types) you are ruining a good thing.

Making your own dressing couldn't be easier. Using high quality olive oil and seasonings are key.

Here is a simple Italian dressing recipe. Did you know adding healthy fats to your salads help you to absorb far more of the important nutrients? Don't eat naked salads. Dress them up!

For those who do not enjoy eating traditional salads, just chop up some cucumbers

and tomatoes, or celery and carrots, whatever raw veggies you like and add some hard boiled eggs or tuna for protein. So easy and satisfying.

1/4 cup either balsamic, red wine, or organic apple cider vinegar
1 teaspoon grated onion
2 cloves minced garlic
1 teaspoon Dijon mustard
1 teaspoon dried oregano
1 teaspoon dried basil
3/4 cup extra virgin olive oil
Sea salt and pepper to taste
1 teaspoon raw honey (you don't need it if you use balsamic)

Whisk together thoroughly. Check for seasonings. Can be stored in the fridge for one week.

Broccoli Parmesan

By MARIE

Most of us who like broccoli have probably prepared it in many ways. Today's recipe is for broccoli parmesan and a delicious way to prepare this versatile vegetable.

RECIPE and DIRECTIONS:

1 bunch fresh broccoli
2 tablespoons of vegetable oil
2 tablespoons of minced onion
1/4 teaspoon pepper
1/2 teaspoon of yellow mustard
1/2 cup grated Parmesan Cheese
1/2 teaspoon salt
3 tablespoons flour
1 teaspoon of "Better than Bullion" or one chicken bouillon cube
2 1/2 cups milk
2 tablespoons grated Parmesan Cheese (for topping)

1 teaspoon paprika

Cook broccoli until tender.

Drain.

Arrange broccoli in a shallow greased baking dish.

In hot oil, sauté the onion over low heat until tender.

Blend in seasonings and flour.

Add bouillon cube and milk.

Cook over medium heat, stirring constantly until mixture thickens and comes to a boil.

Add the cheese and stir well, until melted.

Pour sauce over broccoli.

Sprinkle with paprika and additional Parmesan cheese.

Bake in a 375-degree oven for 20 to 25 minutes or until browned.

Five Quincy Students On MassBay Dean's List

Five students from Quincy have been named to the

Dean's List for the fall semester at MassBay Com-

munity College in Wellesley Hills.

They are:

Haley Peterson, who studies radiologic technology; Kenneth Cheung, who studies general studies; Silviya Mihaylova, who studies computer information systems; Jenna Caldwell, who studies general studies and Erik Lam Li, who studies liberal arts.

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PRESTIGE CAR WASH recently held a ribbon cutting to mark the opening of its new Quincy location at 635 Washington St. From left to right: Nelson Correia, Ken Colabro, Mario Tellez, and Ted Colabro, Division Manager, all of Prestige Car Wash; Katie Raimondi, ambassador, Quincy Chamber of Commerce and The Gifted Heart owner; Gina Gugliemi, ambassador, Quincy Chamber of Commerce and 3rd Hand Cleaning owner; Richard Ash, Esq., ambassador, Quincy Chamber of Commerce; Helen Shiner, Chair Ambassador/Board of Director, Quincy Chamber of Commerce and The Shiner Group; Mayor Thomas Koch; Nir Drory, Yossi Drory and Ronen Drory, co-owners, Prestige Car Wash; Quincy Police Officers Stephen Cleary, Chris Baldick and Matt Miller; and Tim Cahill, president of the Quincy Chamber of Commerce.

Courtesy Photo

Prestige Car Wash Opens At 635 Washington St.

Adding to the company's portfolio of 22 convenient locations, Prestige Car Wash recently held a festive ribbon cutting to announce the opening of the new Quincy location at 635 Washington St., one of six new Massachusetts car wash centers opening this spring.

Home of the free vacuum and the Unlimited Car Wash Club, Prestige Car Wash boasts the most state-of-the-art and highest-quality equipment in the industry. A local family business, the company's ribbon cutting featured VIP speakers such

as Quincy Mayor Thomas Koch, Quincy Chamber of Commerce President Tim Cahill and Chamber ambassadors, and representatives from Quincy Police.

The event offered free car washes to showcase the company's high-tech car wash providing the ultimate combination of high-pressure water and gently soft cloth technology for a premium wash.

"Prestige Car Wash is proud to be expanding and offering our state-of-the-art free vacuums and washes and Unlimited Car Wash

Club deals in more communities than ever," said Nir Drory, Chief Financial Officer. "Along with my brothers Joseph and Ronen Drory, we are pleased to be the largest family-owned car wash company in Boston, and we are ready to grow our business to help even more Massachusetts car owners 'halt the salt' and maintain their vehicles against harsh New England weather."

Visit the company's Facebook, Instagram, or TikTok pages for promotions and updates.

33 Quincy Students On Archbishop Williams Honor Roll

Thirty-three students from Quincy are listed on the second term honor roll at Archbishop Williams High School in Braintree.

Principal's List

Grade 7: Ella Shaw
Grade 9: Jayde Awudo, Austin McDonnell, Katy Trinh, Andrea Zhao.
Grade 10: Dylan Gorman.
Grade 11: William Cunniff Jr.

Grade 12: Abigail Dunn.
First Honors**Grade 8:** Lauren Gill.

Grade 9: Nicholas Francis, Kendyl Nolan, Katharine O'Toole.

Grade 10: Collin Waldron.

Grade 11: Isabella McDonnell, Neve McHugh, Isabella Zhang.

Grade 12: Po-Yi Chang, Cara MacDonald.

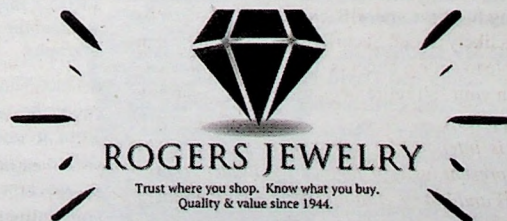
Second Honors

Grade 9: John Della Barba, Kate Foley, James Geraghty, Hadley MacDermott, Julianna Prioli, Dante Quintos.

Grade 10: McKenzie Crowley, Logan Lussier, Hannah Southwick.

Grade 11: Philip Prioli, Isabella Theroux.

Grade 12: Sofia Galupini, Sam McAnulty, Roseanna Piroli, Yujia (Betty) Wei.



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Social Security Matters

Ask Rusty – About Social Security's 'First Year Rule'

By RUSSELL GLOOR
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I'm considering filing for my SS at age 64 in February, before my full retirement age of 66 years and 10 months. I'm working full time and would like to continue earning until I meet the \$21,240 limit for this year. When does the \$21,240 limit go into effect? Does it start after receiving my first SS benefit deposit? Or does Social Security go by my year-to-date earnings starting on January 1st?

If I file in February and it takes 90 days to receive my first SS deposit, and at that point my year-to-date earnings are \$18,500, can I continue to work until I earn the balance of the \$21,240 (\$2,740) and then stop working? Or do they only count the earnings after I receive the first benefit payment? I know that for anything earned over \$21,240 I'll need to repay \$1 for every \$2 over the limit. **Signed: Ready to Retire**

Dear Ready: Since you haven't yet reached your full retirement age (FRA), if you claim now and are working, things will work somewhat differently during your first year collecting benefits.

If you claim for your benefits to start in February, only your earnings starting in February count toward the earnings limit. But during your first calendar year, once your benefits start, you'll be subject to a monthly earnings limit of \$1,770 and, if that is exceeded in any month (February – December), you won't be eligible for benefits for that month. That means that they could withhold your entire monthly amount for any 2023 month after January that exceeds the monthly limit. This is part of Social Security's "first year rule," which applies only during your first calendar year collecting. If, instead, you claim for your benefits to start in March, then the monthly limit will apply from March thru December. Remember, it's not when your payment is received that counts; it's when your benefits start (SS pays benefits in the month following the month earned). Beginning in 2024 only the annual limit would apply.

Nevertheless, the "first year rule" offers some latitude on your earnings. If the penalty for exceeding the annual earnings limit (\$21,240 for 2023) is less than the penalty which results from using the monthly limit, Social Security will use the annual limit and assess the smaller penalty amount. So, if your annual (full year) 2023 earnings are less than \$21,240, no penalty will be assessed, or if you only exceed the annual limit by a small amount, you'll be assessed a penalty of \$1 for every \$2 you are over the limit. But if your annual earnings are substantially more than the 2023 limit, Social Security may deem you temporarily ineligible to get benefits. When you complete your application there will be a section asking you to tell them about this year's earnings as well as what you expect next year's earnings to be. From that they will decide whether you are currently eligible to collect benefits.

So, if your goal is to work only to the point that no penalty will be assessed, you can work until your 2023 earnings reach \$21,240 (whenever that is). Or you could work even a little bit longer and simply take the penalty (half of what you exceed the annual limit by), in which case SS will simply withhold future benefits for enough months for them to recover what is owed for exceeding the limit. But if you continue working full time and will substantially exceed the annual limit, it's likely Social Security will say you are temporarily ineligible to collect benefits (until your earnings are less or you reach your full retirement age when the earnings test no longer applies).

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

More Quincy news:

The Quincy Sun.com

Shannon Mahoney Senior VP At Bank Of Canton

Shannon F. Mahoney recently joined Bank of Canton as senior vice president, compliance/CRA/risk officer.

A former bank examiner and accomplished risk manager with more than 20 years' experience in the industry, Mahoney brings to the bank an extensive background in risk management and mitigation, audit program development, and regulatory compliance management.

"Bank of Canton has done an admirable job balancing growth with the risks inherent in everyday operations," said Mahoney. "The bank has adapted well to changes in the regulatory



SHANNON MAHONEY

environment and the needs and expectations of its customers, and I'm looking forward to further developing its controls and adding to its capabilities to properly assess and manage risk in all its forms."

Mahoney joins Bank of

Canton following several leadership roles at Greater Boston area banks, where she developed multi-year, risk-based audit plans, strengthened enterprise risk frameworks and Bank Secrecy Act/Anti-Money Laundering (BSA/AML) programs, and served as primary liaison to regulatory authorities. She began her career as an examiner at the Commonwealth of Massachusetts Division of Banks, specializing over her ten-year tenure in financial analysis, BSA, and information technology examinations before shifting her focus to the private sector.

Working out of the bank's 490 Turnpike St.

headquarters in Canton, Mahoney reports directly to Chief Financial Officer Christopher Lake.

"Shannon has an impressive track record of developing risk programs that provide the requisite controls for sustained safety and soundness, while also incorporating sufficient flexibility to meet the needs of customers and communities," said Lake. "Bank of Canton will benefit greatly from her expertise and leadership."

Mahoney graduated with a B.A. degree in accounting and economics from College of the Holy Cross in Worcester. She lives in Milton with her husband and three children.

Dianna MacPhee Executive Chef Community Services

Community Servings, a nonprofit provider of medically tailored meals and nutrition services, and a leader in "food is medicine" research, advocacy and policy, announces the appointment of Dianna MacPhee as its new executive chef.

MacPhee has more than two decades of experience as an executive chef in a variety of culinary settings, including fine dining, boutique retail, country clubs, airport dining and educational food service. As someone living with psoriatic arthritis, she also personally identifies with Community Servings' mission and understands the powerful connection between food and health.

"While certain foods can inflame my condition, I am fortunate to have consistent access to fresh, healthy foods and a care team to



DIANNA MacPHEE

help keep me on track," said MacPhee. "Unfortunately, too many people in our community don't have those resources to manage their illness – but Community Servings is working hard to change that. That's why I am so proud to be part of a team improving the health of others through the power of nutritious food."

As executive chef, MacPhee is responsible for

Community Servings' culinary program, from R&D to production and packaging. The kitchen team works hard every day to create nearly 5,000 delicious, nutritious meals that are made from scratch and tailored to meet the requirements of more than 15 medical diets. The meals are delivered to individuals living with chronic and critical conditions.

MacPhee studied psychology at Quinnipiac University before embarking on a career in the culinary arts. She was influenced first by her mom's cooking and while growing up volunteered in a cafe at a nonprofit day program for adults with developmental disabilities. She then managed the bakery that evolved from the nonprofit's cafe. MacPhee was inspired to

become a chef after reading about the prominent Boston chefs Lydia Shire and Susan Regis, and MacPhee later worked at Shire's award-winning Biba restaurant for several years.

"We are thrilled to have Dianna take on a role that is so key to carrying out our mission," said David B. Waters, CEO of Community Servings. "As a chef, she has tremendous talent, skill and experience, and as a person she is an inspiring and creative presence for our kitchen team of dedicated staff, food-service trainees, and volunteers from the community."

MacPhee succeeds Brian Hillmer, who was recently promoted to the role of Chief Culinary Officer at Community Servings. He joined the organization as Executive Chef in 2018.

Home Energy Saving Workshop Saturday At Library

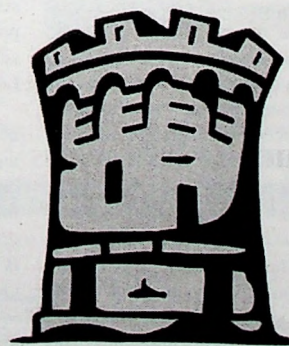
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Councillors Want Financial Policies Update From Koch Administration

By SCOTT JACKSON

City councillors want a presentation on the city's financial policies, and whether not they should be altered, ahead of budget hearings later this spring.

Councillor Nina Liang introduced a resolution seeking an update on the city's financial policies at the Feb. 13 meeting of the City Council. The item was approved in a unanimous vote.

The city's financial policies were adopted in 2017

in an effort to promote long-term financial stability for the city and maintain the highest possible credit and bond ratings, Liang wrote in her resolution.

Among other things, the financial policies state that debt service payments should comprise between 6 and 7.5 percent of the city's general fund budget each fiscal year. The financial policies also say that a certain percentage of the city's state-certified free cash should be allocated toward

reserve accounts, including the city's stabilization fund (also known as the rainy day fund) and inclement weather reserve.

Liang's resolution asks the Koch administration to provide a presentation showing whether or not those targets have been met. The presentation would also include any recommended changes to the financial policies.

Given all that has unfolded in recent years, Liang said it makes sense to

review those items before councillors begin deliberating on the proposed budget for the fiscal year that starts on July 1.

"Since 2020, things have obviously been unpredictable," she said. "I think this is as good of a time as any, given the passage of time and circumstances we've been through, to just get an update on where we are currently...and then just to do an evaluation - do we have to update them?"

2-Alarm House Fire Displaces Four People

By SCOTT JACKSON

Four residents were displaced following a two-alarm fire Friday night in Quincy Point.

Quincy firefighters were called to the fire at 15 Hersey Place, a dead-end road off Washington Street, shortly after 8 p.m. on Friday, Capt. Nate Egan said on Monday afternoon. The first companies to arrive on scene encountered heavy fire on the second floor of the two-family home.

Firefighters made an interior attack upon arrival before switching to a defensive approach. Working in a tightly packed neighborhood amid windy conditions, and with some difficulty getting enough water, firefighters stopped the blaze from spreading to surrounding homes.

"The guys did a great

job. It was a very cold night, a very windy night," Egan said. "They did a great job containing it to that house."

Firefighters spent about four hours on scene. A portion of Washington Street was closed to traffic as crews battled the fire.

Three people had been residing in the unit on the second floor of the home and another person in the unit on the first floor, Egan said. No one was home at the time of the fire, though a dog was killed.

No injuries were reported among the firefighters who responded to the scene.

Egan said the damage from the fire was mainly to the second floor and attic of the home.

The cause of the fire had not been determined as of Monday, Egan said, but it is not considered suspicious.

READERS FORUM

Pausing Lease Process The Right Decision

Act in haste, repent in leisure.

Thank you to the city councillors who listened to the residents who spoke passionately concerning the 99-year lease sought by Quarry Hills Associates. With 22 years remaining on the current lease, this is not an emergency and a pause is the right decision.

Why the rush? Why not wait for ALL information to be compiled and analyzed in order to develop a plan that suits all parties involved? Yes, compromises will need to be

made, but all promises must be kept. This process will take several years since it involves Mass. DOT (see MBTA).

I have enjoyed visiting Granite Links on a few occasions and hope to again in the future (though not 99 years in the future). As a member of the Quincy community, I believe it is in the best interests of Quincy residents for the city to slow down. The city is in the catbird seat because it is not like QHA is going to move its business elsewhere.

Mary Lally
Wollaston

Quincy Will Get Less If Quarry Hills 99 Year Lease Is Approved

For at least twenty years, golfers at Granite Links will continue to golf and diners will enjoy dining there. The proposed 99 year Lease between Quarry Hills Associates ("QHA") and Quincy, adopted or not, will not effect continued enjoyment of Granite Links.

We must examine the words of the current Lease that expires in 2052 and the 99 year lease. The 99 year Lease covers a period when we will be gone. But the words of the Lease will live. Words matter.

In the current lease, executed in 2002, QHA agreed to use Big Dig soil (for which it received approximately \$100 million) to cap the Quincy dump and maintain it, relieving Quincy of the expense for maintaining it. In exchange, QHA would design and operate a golf course, clubhouse, Playing Fields and build a Recreational Complex and collect 90% of profits.

Under the current Lease, the City receives 10% of gross receipts from Golf Course Fees including golf cart rentals, with no other reductions. However, under the 99 year Lease, Quincy will receive 10% of gross receipts, not including golf cart rentals and net of collection fees, refunds, compensation and commissions paid to membership sales consultants.

The City will receive less from Golf Course fees. This is not good for Quincy.

Under the current Lease, the City will continue to receive 10% of the net receipts from operations of other Facilities, such as the restaurants. Net receipts mean "the payment of all ordinary and necessary expenses and costs which customarily relate to operation" of the facilities. However, under the 99 year Lease, the net receipts include payment for "maintenance and financing of such facilities."

Quincy will receive less from Facilities Fees because the net receipts are further reduced by financing (loan payments?) and undefined maintenance costs. This is not good for Quincy.

The 99 year lease allows QHA to use its leasehold interest as security for financing land purchases, operations, etc. anywhere in the world, without approval of Quincy. If there is a default on those obligations at any point over the 99 years, lenders can step into the shoes of QHA. Quincy will have no control. The current Lease does not allow this. This is not good for Quincy and has nothing to do with the virtues of the current operators.

The current lease includes a Recreational Complex. "The MDC Licensed Area...shall be considered a part of the Site upon which the Recreational Complex is to be built". The Lease calls for a "Recreational Complex comprised of one or more establishments for outdoor and indoor recreational

endeavors..." Recreational Complex is mentioned at least twenty times in the current Lease but is absent from the 99 year Lease. There will be no Recreational Complex. The Mayor does not believe it is called for under the Lease. This is not good for Quincy.

In the current Lease, QHA "covenants and agrees to provide care and maintenance of the Playing Fields." "Playing Fields" "shall mean the public playing fields, consisting of a soccer field and a complex consisting of four (4) little league sized baseball/softball diamonds and associated public parking areas." In the 99 year lease, QHA only needs to maintain the fields. This is not good for Quincy.

QHA is not in compliance with its Lease obligations. The Playing Fields and associated parking areas have not been maintained other than cutting grass. The drainage is a continual problem. The parking area is in disrepair and poses a danger to children. The Blue Hills trails have not been restored.

It is rumored that QHA wants to build a hotel. There is no specific mention of a hotel in the 99 year Lease or any restrictions on size of any intended additions. QHA has not presented its plans to the City Council. It did, reportedly, at a Ward 4 meeting. This is not good for Quincy.

Quincy has reportedly received \$7.45 million from QHA. If so, QHA received approximately \$74.89 million. Under the present Lease, Quincy will collect at that same rate until 2052. QHA will be compensated for any benefit Quincy received from capping the dump. Under the 99 year Lease, starting this year, Quincy will receive a lower percentage of profits and QHA, a greater percentage, with fewer responsibilities and greater benefits. It is not as beneficial as the Lease negotiated in 2002. Why???

A lease for 99 years is a non-starter. We need additional benefits for a Lease extension, not less as proposed. If QHA wants a Lease extension, it must come back with another proposal. Why the rush? Why do the Mayor and QHA want this now as a Home Rule petition. It will be much more difficult for Quincy to make any changes to the Lease if it is submitted as a Home Rule petition. This is not good for Quincy.

The mayor wants this 99 year Lease. It can only be revised by city councillors telling the parties to go back to the negotiating table. It is not the City Council's job to negotiate a Lease or try to make everybody happy. There are too many other problems with the 99 year lease. It is the job of qualified negotiators for Quincy with only the best interests of Quincy. Say no and send it back.

Jocelyn Sedney
Quincy

Quincy Point Congregational Church

Whether you are a member of the congregation or a new-comer to the church, you are invited to attend the upcoming worship service at the Quincy Point Congregational Church on Feb. 26.

It is the First Sunday in Lent and the first Sunday of the Lenten Series; "Reconnecting with an Unhurried God," and this week's sermon is called, "The Right Tempo" based on Matthew 11: 28-30. The Lenten series theme is interpreted from Worship Design Studio, it reminds us that Lent is a time to connect with God and find rest and renewal.

Worship begins online and in-person at 10 a.m. at in the QPCC sanctuary on 444 Washington St. The elevator on the Abbey Road side of the building makes it easy for anyone who needs it to access the building and participate.

The Quincy Point Firehouse Upgrade project is almost complete and two more wrap-up fundraisers for the kitchen project have been planned.

The first is a quilt drawing for one of three firehouse themed quilts, handmade by the women of QPCC. One quilt is large crib size and the other two are extra-long twin size. The chances are three for \$20 or one for \$10. Only 300 chances will be sold.

To purchase your entries, contact the church office at 617-773-6424 or office@quincypointcong.org. The office is open Monday- Friday from 9 a.m. until 5 p.m. Quilt tickets can always be paid for online at <https://www.quincypointcong.org/donate> (use the dropdown box to select quilt drawing) and we can send your entry stubs and copies of the filled-out ticket.

The concluding celebration to benefit the Firehouse Kitchen project is, Shamrocks and Shenanigans - a St. Patrick's celebration will be held on March 18 at 6:30 p.m. (doors open at 6 p.m.) Dinner is a loaded baked potato bar and entertainment features the QPCC Comedy Club and Musical Revue.

Cost is \$20 per person, children ages 12 and under are free. Purchase dinner tickets at Eventbrite.com, on Sunday mornings or contact the church office. The 3 quilt winners will be drawn at this event and there will also be silent auction items.

Phoebe Linnell On Dean's List At William & Mary

Phoebe Linnell of Quincy has been named to the William & Mary in Williamsburg, VA.

More Quincy news:

The Quincy Sun.com

School Officials Outline Steps To Prevent Bullying

Cont'd From Page 1

ments received.

Perkins said that Bullying, as defined by state regulations, is the "repeated use by one or more students or by a member of school staff...of a written, verbal or electronic expression or physical act, or any combination thereof, directed at a victim," which causes physical or emotional harm or damages the victim's property; places the victim in a reasonable fear of harm or damage; creates a hostile school environment for the victim; infringes on the victim's rights; or disrupts the operation of the school.

Bullying is prohibited on school grounds; property adjacent to school grounds; bus stops, school buses and other school vehicles; at school-sponsored events on or off school property; and through the use of technology or electronic devices owned, leased or used by the school. Bullying is also prohibited at locations that are not school-related if it creates a hostile school environment, infringes on a victim's rights at school, or disrupts the operation of the school, Perkins said.

The plan requires that the school principal, or their designee, promptly investigate all reports of bullying or retaliation. Staff are also required to immediately report bullying or retaliation that they either witness or become aware of to the principal or another designated person. Bullying or retaliation may be reported anonymously – a form to do so is available on the district's website – but no discipline can be based solely on an anonymous report, Papile said.

Communications with parents of the students involved is an important part of the process, she said.

"We need to hold the hand of the parents so that they understand like what happens – where did it breakdown for this kiddo – so we can help and intervene in a meaningful way. We also need to make sure that the parent knows that we're going to keep their child safe if they've been targeted in some way," Papile said. "We can't really provide good safety without clear parent communication."

The district can take a range of disciplinary actions against the perpetrator of bullying or retaliation. Papile said that the disciplinary actions imposed should balance the need for accountability with the need to teach appropriate behavior.

"When we're disciplining around a bullying incident, you know, we're always looking at account-

ability and balancing accountability with learning. Because in order to be preventative and to stop any kind of cycle or behavior, kids need to understand their impact and what happened and be held accountable," she said.

The district also is also ready to support the student who was targeted, Papile said.

"That's hard, you know, if you've been targeted and then you have to walk back into the building," she said. "So, we need to do some ongoing stuff to make sure we're supporting both those students moving forward."

The principals outlined the steps they have taken to work with students to help prevent bullying. At North Quincy, for example, Gilbert said he is "trying to build a community and a school culture that cherishes upstanders and helps kids to understand the role that they can play and the power they have in making sure that bullying does not take place and has no space at the high-school level."

"There's a lot of things that happen at the high school to try to build and help kids understand how to be an upstander or how to be a member of a school that cherishes everyone's uniqueness at a time when it's much easier to not be unique and much easier to conform," he added.

Among other things, the curriculum for ninth grade health classes includes a module specifically on bullying. North Quincy also has "Boys to Men," a program in which older male students mentor their younger peers; there is a similar program for female students as well. The school also has a making-healthy-choices group for students "that have not necessarily made the healthiest choices," Gilbert added, in which a clinician works with those students to help them make better choices. Next week, when students return to the classroom following February vacation, will be Wellness Week at North that will feature a "planned event each day to give kids opportunities to develop skills," like meditation and conflict resolution.

The school administrators said it was important for all school staff to know how

to address bullying and, to that end, the professional development lessons on Feb. 8 were focused on the topic. Gilbert said that while teachers are not the ones who investigate suspected bullying, it is important that they know how to deal with such situations.

"It is important that every adult at our school understands how to approach a situation when a student confides something in them, which might take weeks for them to finally get the courage to say something," he said.

"So as much as this is about putting programs in place, it's also about building relationships with kids so they have somebody at school that they trust enough to go and say, 'I'm being harassed by so and so' or 'this kid continues to do this on a daily basis. I need help. I can't solve this situation on my own.' And so we spent a lot of time talking about those things with our deans and our guidance counselors, with our adjustment counselor. But you know as well as I do that the people that see our kids the most are our teachers. And they need to be as well-equipped as anyone to deal with situations that arise."

Starting this school year, the state requires districts to report statistics relative to bullying at conclusion of the school year, Perkins said.

"It actually was a consistent concern throughout the state of Massachusetts that districts were not accurately reporting incidents of bullying," she said. "We all report discipline, but it was teasing out when it actually was bullying and making sure you're reporting it both as bullying and a disciplinary incident."

The state will require districts to report the number of allegations of bullying or retaliation, the number of substantiated incidents of bullying or retaliation, and the number of students disciplined for bullying and/or retaliation, she said.

During the meeting on Feb. 8, Perkins provided the school board with the district's most recent statistics relative to bullying for the current school year, though she cautioned that the numbers are unofficial and won't be certified until the end of

the school year.

Perkins said there were 28 allegations of bullying at the elementary school level, two of which were substantiated, and two students had been disciplined. At the middle school level, there were 23 allegations of bullying, four of which were substantiated, and four students had been disciplined. There were 24 allegations of bullying combined at the two high schools, one of which was substantiated with seven students disciplined.

Committee member Douglas Gutro said he appreciated the data that was included in the presentation. He said, however, that student surveys included in school improvement plans presented to the committee earlier in the year indicated there may be more bullying going on than had been reported.

"I think students felt that there was more of it going on. I mean, some of the data, depending on what you were looking at, suggested that – have I ever seen a fight, or have I witnessed bullying, and those numbers were high," Gutro said.

Ahearn and Mitchell said that students, particularly those in elementary and middle school, may not know the difference between bullying and conflict, and are more likely to use the term bullying because of that.

As a follow up, Gutro asked Ahearn why 26 of the 28 allegations of bullying at the elementary school level were unsubstantiated. Ahearn said that while he could not speak to what happens in other schools, in his school he investigated reports of what were determined to be conflicts between students that did not rise to the level of bullying.

"It doesn't mean that it's not something we're not cognizant and aware of and something that we're trying to impact," Ahearn added.

Committee member Kathryn Hubley asked if the district was providing information to parents of elementary school students about what is and isn't bullying, so that parents aren't labeling students as bullies.

"One thing that's re-

ally disheartening for me is when I hear kindergarten parents say, 'oh, there's a bully in my kid's class,' and then that kid is labeled throughout elementary school as being the bully because once you get a label in kindergarten, it sticks with you," she said. "So, is there something that we're doing to educate parents on this bullying versus conflict when they're going into kindergarten or the elementary school ages?"

Ahearn said that information on the difference between bullying and conflict had been presented previously, but not this school year.

"I know several years back, we actually did do a presentation for parents at one of our PTO meetings on the distinctions between the two and what they look like. We have not circled back to that this year," he said. "It might be something that we could look into and I don't know about my elementary colleagues, but it might be something we could look at earlier on it. PTO meetings, that might be a place where it would be most effective."

Committee member Emily Lebo asked who makes the decision if criminal

charges should be filed, the schools or the parents. Lebo said that some parents she had spoken to were hesitant to be the ones to file charges.

"I've heard parents feel uncomfortable being the person that does that," she said. "A couple of parents have said to me, 'they told me, do you want to file charges? And I thought they should be filing charges because they were like the organization that was running this thing.'"

Perkins said the district will file charges only as a last resort.

"We don't want the court involved in a kid's life if they don't need to, so for us it really is the last, last, absolute last resort," she said. "That can destroy a child's life, so we don't do it unless we absolutely have to. And I can understand why parents might be frustrated or concerned with that if they're feeling like the situation is really, really serious. But they do have the right to file."

Supt. Kevin Mulvey added that the district does work with the school resource officers to determine what may be a criminal charge and what could be handled at the school level.



QUINCY LODGE OF ELKS recently held a surprise 80th birthday party for longtime member and officer Jim Folk. Here state representative and fellow Lodge member Bruce Ayers presents a Massachusetts House of Representatives citation recognizing Jim's birthday milestone. *Courtesy Photo*

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On Friday, Feb. 10th, at approximately 3 a.m., Officer Koch and Officer Callahan were dispatched an apartment on Quarry Hills Drive on a report of two males breaking into an apartment.

While enroute, Quincy Police Communications gathered more information and relayed that the suspects were two males, dressed in all black, with masks. They were described as a white male and an Asian male. The caller reported that they ran towards Ricciuti Drive.

Upon arrival to the area, Officer Koch observed two males in all black with hoods walking toward Ricciuti Drive. Officer Koch pulled over and instructed both males to stop. Officer Koch observed that one individual was a white male (suspect #1) and the other was an Asian male (suspect #2). Suspect two was wearing a black mask covering his mouth.

Officer Koch asked them both where they were coming from and suspect one stated his friend's. When asked where his friend lived he stated "I know my rights I don't have to tell you." Officer Koch requested both individuals to identify themselves. Suspect one refused to provide any information and suspect two provided information that would later be determined to be false. Once other officers arrived on scene, Officer Koch responded to the victim's home to gather further information.

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS

Public Information Officer
Quincy Police Department

Officer Koch immediately noticed visible damage to the lock, with two holes drilled into the lock and metal shavings on the ground below. Quincy Fire arrived on scene to assist in opening the door, as the lock was jammed and the occupants could not exit the apartment.

The victim stated that he woke up to the sound of drilling and got out of bed to see what was going on. He looked out of the "peephole" in the door and observed two males in all black with masks trying to drill the lock. He was also able to observe a black bag of tools on the ground and a red drill with a long drill bit being used to drill the holes. He could see the faces of the two males from the forehead to the nose, being able to identify that one was white and one was Asian. When he yelled for his girlfriend to call 911, the two males grabbed the tools and took off running.

The victim agreed to a Show-Up Identification. He was read the instructions and stated he understood. He positive-

ly identified the two individuals. Both suspects were then placed under arrest.

Officer Kelley located a Glock 21 handgun in the suspect two's waistband and an open pack of drill bits in his pocket. The firearm, which contained thirteen (13) rounds of ammunition, was secured, cleared and deemed safe by Sergeant Sweeney. In the immediate area of the residence, officers located a crowbar style tool on the ground. A red drill was located on rocks just off the sidewalk where the suspects were initially encountered.

Suspect one, a 29-year-old from New Hampshire, was transported to the Quincy Police Station where he was booked in the usual manner. He was charged with possession of burglarious tools, defacing property (door/lock), and attempt to commit a crime (Aggravated Burglary).

Suspect two, a 22-year-old from Malden, was transported to the Quincy Police Station where he was booked in the usual manner. He was charged with possession of a large capacity feeding device (13-round magazine), possession of burglarious tools, defacing property (door/lock), and attempt to commit a crime (aggravated burglary).

Detectives contacted Malden Police Department of the incident and requested suspect two's license to carry firearms be revoked. The handgun, magazine, and ammunition were handed over directly to a detective. Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, FEB. 10

BREAKING AND ENTERING/ATTEMPT (just happened), 2:52 a.m., Quarry Hills Drive. Two males in masks. Reporting party states that the males fled down the stairwell. One white, one Asian male. Reporting party states males are running up the hill in dark clothing and hoodies. Reporting party states that he can no longer see the males, but they should be on the main road. Two male parties in custody.

ASSAULT AND BATTERY (to child), 12:31 p.m., Southern Artery. Family in lobby to report assault to child at McDonald's last week. Advised.

LARCENY (past), 1:21 p.m., Willard Street. Caller reports he would like to report a larceny of several items from his office. NIBRS report filed.

LARCENY (packages getting stolen), 9:59 p.m., Clay Street. Reporting party would like to make a report for packages getting stolen out of the lobby. RP will wait for officer in the lobby. NIBRS to be filed.

SATURDAY, FEB. 11

LARCENY (watch), 1:45 p.m., Willard Street. Ser-

viced. NIBRS report.

SUNDAY, FEB. 12

ASSAULT AND BATTERY (fight) 12:20 a.m., Oval Road. Approximately 10 high schoolers fighting in road. No weapons seen. States one adult female on scene claiming that her daughter was hit. Some of the youths fled. Report to be filed.

BREAKING AND ENTERING/ATTEMPT (past), 8:17 a.m., Canton Road. Report to be filed.

MONDAY, FEB. 13

VANDALISM/PROPERTY (broken back window car), 9:29 a.m., Centre Street. Bottle tossed into back window 2017 Acura gray. Case number provided.

LARCENY/MOTOR VEHICLE (black Toyota Corolla), 2:01 p.m., Granite Street. Black Toyota Corolla just took right on Water Street. Vehicle was running. Reporting party was picking up child. Reporting party did not see who took it, but saw it driving away. Be On Look Out given out.

TUESDAY, FEB. 14

VANDALISM/PROPERTY (vehicle keyed), 8:52 a.m., Willow Street. Serviced. Incident number provided.

VANDALISM/PROPERTY (house egged), 3:46 p.m., Taffrail Road. Egged back of house plus writing in the door. Report to be filed.

WEDNESDAY, FEB. 15

LARCENY/MOTOR VEHICLE (past), 8:53 a.m., Copeland Street. One car was stolen. Report to be filed.

LARCENY/MOTOR VEHICLE (MXX), 2:57 p.m., Copeland Street. Incident closed.

Total Calls For Service Feb. 10 - Feb. 15: 915

LARCENY MOTOR VEHICLE: Copeland Street, Granite Street

BREAKING & ENTERING ATTEMPT: Quarry Hills Drive, Canton Road

Entries in the Quincy Police Crime Awareness Journal are compiled and submitted by the Quincy Police Department. The following are included in the journal:

Assault and battery, breaking and entering/progress, breaking and entering/attempted, larceny over/under, attempted larceny, larceny motor vehicle, armed robbery, attempted rape, vandalism private property and indecent exposure

The journal is published by *The Quincy Sun* as a public service to make local residents more aware of crime activity in their neighborhood.

Readers and the public are also welcome to view the Press Journal that is published (on Tuesday) of every week on the Quincy Police website: https://www.quincyma.gov/departments/police/resources/press_journal.php#outer-88

When The Smoke Cleared: Author Talk With Bill Powers

The Thomas Crane Public Library invites the public to join Quincy author Bill Powers in the library's Community Meeting Room on Tuesday, Feb. 28 from 7 to 8 p.m. for a discussion of his true-crime thriller

"When the Smoke Cleared: A Murder Mystery in Malden."

On a summer morning in 2000, a fire in the basement of a Malden residential condo complex brought the town's fire department

and police arson investigators as well. What emerged when the smoke cleared was both shocking and puzzling. Over the next several hours, investigators from the State Fire Marshal's office along with detectives

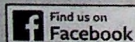
from the Homicide Unit of the Middlesex District Attorney's Office converged on the scene and partnered up with the Malden Police inspectors for a whodunit case with a twist. Beyond the suspense, this factual account is a police and prosecution procedural, detailing the case through the trial to the ultimate verdict.

Bill Powers was the detective lieutenant and senior supervisor of the Massachusetts State Police Unit assigned to the Middlesex District Attorney's Office in the summer of 2000. He was on-scene the morning of the Malden fire and his position and direct involvement in the case offers a unique assessment of the people who have committed their careers to solving and prosecuting capital crimes.

This is where truth separates from fiction. There are no lone wolves in the world of homicide investigations, only dedicated teams of specialists whose sole professional purpose is to bring those responsible for murdering another human being to justice.

For more information visit the Crane Public Library's website.

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Public Access Channel 8

Thursday, February 23
7:00pm: On the Road with Jazzy Bill
8:00pm: Quincy College vs. UNH Men's Basketball

Friday, February 24
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, February 25
12:00pm: On the Road with Jazzy Bill
7:00pm: The Call

Sunday, February 26
11:30am: Quincy Point Cong. Good News
1:00pm: The Call

Monday, February 27
11:30am: LIVE: Currently in Quincy
5:30pm: CIQ Interview: Social Security

Tuesday, February 28
7-9:10am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, March 1
6:00pm: Quincy Point Cong. Good News
7:00pm: The Call

Government Access Channel 9

Thursday February 23
4:00pm: Board of License Commissioners 2/14
5:00pm: Quincy Zoning Board of Appeals 2/21

Friday February 24
7:30pm: At the Kennedy Center: Self Compassion

Saturday/Sunday, February 25/26
10:30am: In the Know: Circuit Breaker Tax Credit
11:00am: Department Profiles: Veterans Services
11:30am: State View: Senator John Keenan
3:00pm: Zoning Board of Appeals 2/21
6:00pm: In the Know: Norfolk County Sheriff's Office
6:30pm: For Your Health: Cardiac Arrest
11:00pm: Board of License Commissioners 2/14

Monday February 27
6:00pm: TCPL: Author Talk with Bill Powers
6:30pm: LIVE: City Council

Tuesday February 28
11:00am: At the Kennedy Center: Heart of the Matter
4:00pm: LIVE: Board of License Commissioners

Wednesday March 1st
6:00pm: In the Know: Norfolk County Sheriff's Office
7:00pm: City Council 2/27

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

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Hyde Park: 617-910-9175

102 Franklin Street
Quincy: 617-481-5257

479 Washington Street
Quincy: 617-786-8888

March Children's Events, Activities At Crane Library

By JULIE RINES
Children's Coordinator
Thomas Crane Public Library

The following events and activities for children are scheduled during the month of March at the Thomas Crane Public Library.

Drop in Storytime Programs

ABC Storytime for ages 3-5

Mondays 1/30, 2/6, 2/13, 2/27, 3/6 at 10 a.m.

Toddler Storytime @ North Quincy for ages 2-3

Mondays 1/30, 2/6, 2/13, 2/27, 3/6 at 10 a.m.

StoryLab - Physical Science @ Wollaston ages 4-8

Mondays 1/30, 2/6, 2/13, 2/27, 3/6 at 3 p.m.

Toddler Storytime @ Adams Shore for ages 2-3

Tuesdays 2/7, 2/14, 2/28, 3/7 at 10 a.m.

Toddler Storytime for ages 2-3

Wednesdays 2/8, 2/15, 3/1, 3/8 at 10 a.m.

Rock-a-bye Baby Storytime for ages 4-11 months

Thursdays 2/2, 2/9, 2/16, 3/2, 3/9 at 9:30 a.m.

Pajama Storytime for ages 1-5

Join us for a monthly family pajama storytime for the whole family. This program is especially for children ages 1-5 accompanied by an adult.

This month we will meet on Thursday, March 2nd at 6:30 p.m. when we will read stories, sing songs, recite rhymes, and more all about getting ready for bed, and don't forget to wear your pajamas!

Music and Movement with Miss Rubi ages 0-2

We invite our youngest patrons ages 0-2 to join Miss Rubi from 10:30 - 11 a.m. on Saturday, March 4th for a Music and Movement program especially designed for them. These sessions will feature baby bounces, tickles, wiggles, finger plays and nursery rhymes with parent participation.

These programs are especially for children ages 0-2 accompanied by an adult.

Music and Movement with Miss Rubi ages 3-6

We invite Miss Rubi's fans ages 3-6 to join us on Saturday, March 4th from 11 - 11:30 a.m. for a Music and Movement program full of large scale movements, rhythm clapping, finger plays and nursery rhymes including early literacy and music activities. Parent participation highly encouraged.

So put on your favorite dancing shoes and join us for this lively mix of music and movement. Please bring a stuffie along with you to join the fun.

These programs are especially for children ages 3-6 accompanied by an adult.

Arabic Storytime @ Adams Shore ages 0-7

The Library is pleased to be working with dedicated community members to offer a monthly storytime in Arabic. Join us on Monday, March 6th at 6:15 p.m. at the Adams Shore library for this exciting new program.

This program will be conducted primarily in Arabic with the intention of helping young Arabic language learners to improve their skills. This program is suitable for children up to age 7.

Graphic Novels ONLY book club for grades 3-5

Children in grades 3-5 are invited to join us on the second Wednesday of each month at 7 p.m. for our Graphic Novels Only book club. Each month we will discuss a different graphic novel.

On Wednesday, March 8th we'll meet to discuss "Treasure in the Lake" by Jason Pamment.

Grand adventures stories often begin where you least expect them... Iris knows this because she's read them all. However, as a 13-year-old stuck in the tiny town of Bugden, real adventure seems like a distant dream. But when Iris and her best friend, Sam, stumble upon an unusually dry river on the outskirts of town, they're led to a discovery beyond anything Iris has ever read about: a hidden city and a forgotten tale of friendship.

Copies of the book are available to check out in the Main Library Children's Room.

Preschool Discovery @ Wollaston for ages 3-5

Drop by the Wollaston Library with your preschooler, ages 3-5, any time between 3 and 4 p.m. on Thursday, March 9th to do some fun simple science together. Activities, experiments and instructions will be provided for science you can do with your child.

Get ready to get counting this month with numbers and math! We'll have simple activities to learn about numbers, measurement, geometry and other math skills. Match numbers, play with a cash register, and more!

Night Owls Book Club for Grades 3 and 4

We invite children in grades 3 and 4 to join us to discuss a chapter book or graphic novel on the second Thursday of each month at 7 p.m. We'll vote for upcoming titles at the end of each meeting.

On Thursday, March 9th we will be discussing "Front Desk" by Kelly Yang.

Recent immigrants from China and desperate for work

and money, 10-year-old Mia Tang's parents take a job managing a rundown motel in Southern California, even though the owner, Mr. Yao is a nasty skinflint who exploits them; while her mother (who was an engineer in China) does the cleaning, Mia works the front desk and tries to cope with demanding customers and other recent immigrants. It will take all of Mia's courage, kindness, and hard work to get through this year. Will she be able to hold on to her job, help the immigrants and guests, escape Mr. Yao, and go for her dreams?

Copies of the book are available to check out at the Main Library Children's Room and as an audiobook and ebook on Overdrive.

Registration for Spring programs

Weekday morning storytimes for ages 4 months to 5 and Storylab for ages 4-8 will begin on Monday, March 27th. Mother Goose, and Chickadees programs will require registration. Please check the Crane Library website for details.

Registration for programs begins on Tuesday, March 14th at 9 a.m. online at thomascranelibrary.org, by phone at 617-376-1300 ext. 4 or in person at the Main Library Children's Room.

Night Owls Book Club

@North Quincy for Grades 3 and 4

Join us for the Night Owls Book Club at the North Quincy Library.

We invite children in grades 3 and 4 to join us to discuss a chapter book or graphic novel on the second Tuesday of each month at 7 p.m. We'll vote for upcoming titles at the end of each meeting.

On Tuesday, March 14th we will be discussing "Big Foot and Little Foot" by Ellen Potter.

Hugo is a young Sasquatch who longs for adventure. Boone is young boy who longs to see a Sasquatch. When their worlds collide, they become the unlikely pair of best friends.

Copies of the book are available to check out at North Quincy and as an audiobook and ebook on Overdrive.

Dungeons and Dragons for ages 10-15

New and experienced players are invited to join us in person at 7 p.m. on Tuesday, March 14th for this introduction to D&D 5th edition game play. Take on the role of a fantasy hero in this Dungeons & Dragons game. We will meet for an hour and a half to play this campaign. **Please note: There is no wait list for this program, but we will be running more campaigns in the coming months.**

Registration is required for this program. Register through our online calendar. This program is for ages 10-15.

This program will be IN PERSON in the Main Library Children's Room. Character sheets will be provided.

Can't join us in person you can also join us ONLINE just let us know how you will be attending when you register and we'll send you the link.

Preschool Discovery @ Adams Shore for ages 3-5

Drop by the Adams Shore Library with your preschooler, ages 3-5, any time between 3 and 4 p.m. on Wednesday, March 15th to do some fun simple science together. Activities, experiments and instructions will be provided for science you can do with your child.

Get ready to get counting this month with numbers and math! We'll have simple activities to learn about numbers, measurement, geometry and other math skills. Match numbers, play with a cash register, and more!

EXPLORE @Wollaston for grades 4-6

EXPLORE (Experiment, Play, Learn, Observe, Read, Examine) is a series of monthly hands-on science workshops for children in grades 4-6, covering a wide variety

of topics.

Meeting at the Wollaston Branch Library on the third Wednesday of each month from 6:30-8 p.m. each workshop has a short portion of instruction and then exploration and experimentation. Topics range from forensic science to bubbles and parents/caregivers are welcome to participate as well alongside their children.

Join us on Wednesday, March 15th for Magnet Powered. Magnets are for more than just decorating your fridge. We usually think of magnets as only working on some metals and sticking to each other. Magnets can also push each other apart, and what about what happens when you add electricity? We'll test out some electromagnets, see what we can build, then try to make a simple maglev track and get our model train to move.

Review Crew for grades 5-7

Do you like talking about books, movies, or video games? Want your favorites displayed in the children's room? Beginning in January, the Review Crew for 5-7th graders will meet on the third Thursday of each month at the Main Library to present and discuss our thoughts on library materials, write reviews, and put together a display to share our favorites with the rest of the children's room!

We will meet on Thursday, March 16th at 7 p.m. for "Something old, something new": bring something in that is either from the library "New Items" shelf OR something published before the year you were born.

Preschool Discovery @ North Quincy for ages 3-5

Drop by the North Quincy Library with your preschooler, ages 3-5, any time between 10 and 11 a.m. on Saturday, March 18th to do some fun simple science together. Activities, experiments and instructions will be provided for science you can do with your child.

Get ready to get counting this month with numbers and math! We'll have simple activities to learn about numbers, measurement, geometry and other math skills. Match numbers, play with a cash register, and more!

Toy Time for ages 9 to 23 months

Come to the library for a free playtime session with your baby, ages 9-23 months full of age appropriate toys and activities plus socializing with other children and caregivers.

A fun time for all and a chance to practice large and small muscle development. This program will meet in the large meeting room from 10 - 11 a.m. on Saturday, March 18th.

This program is for children ages 9 - 23 months accompanied by an adult. Space is limited and the doors will be closed when the room is full.

Concert with EKS Music School @ North Quincy

Join students from EKS Music School in Quincy for a concert featuring various instruments on Saturday, March 18th at 2 p.m. at the North Quincy Library.

Girl Power Storyhour @ North Quincy for ages 3-5

March is Women's History Month, and we're celebrating with a Girl Power Story Hour! Join us on Monday, March 20th at 10 a.m. at the North Quincy Library as we sing, read, and laugh together during this fun and empowering storytime! Geared towards the preschool set, but all kids are welcome.

Preschool Discovery @ Main Library for ages 3-5

Drop by the Main Library children's room with your preschooler, ages 3-5, any time between 10 and 11 a.m. on Saturday, March 25th to do some fun simple science together. Activities, experiments and instructions will be provided for science you can do with your child.

Get ready to get counting this month with numbers and math! We'll have simple activities to learn about numbers, measurement, geometry and other math skills. Match numbers, play with a cash register, and more!

Manet Community Health Center Wins MHQP Patient Experience Award

Manet Community Health Center (Manet) has received an award from Massachusetts Health Quality Partners (MHQP) for being one of the top practices in Massachusetts for patient experience in primary care.

The "MHQP Patient Experience Awards" is an annual awards program introduced in 2018 by MHQP, a non-profit measurement and reporting organization that brings together providers, health plans, and patients to improve the quality

of patient care experiences in Massachusetts. MHQP conducts the only statewide survey of patient experience in primary care in Massachusetts. Awards were given to top overall performers in adult primary care and pediatrics in each of nine performance categories. Manet received recognition for Distinction in Patient-Provider Communications for adult care.

"It is not easy for a primary care practice to thrive in the current environ-

ment," said Barbara Rabson, MHQP's President and CEO. "We are thrilled to congratulate each of them on behalf of their patients for their exceptional commitment to excellence."

"Primary care is the heart of healthcare in Mas-

sachusetts," said Jim Roosvelt, MHQP's Board chairperson. "The practices from all across the state recognized with this award have distinguished themselves where it matters most - in the experiences of their own patients."

Zebin He On Dean's List At Western N.E. University

Zebin He of Quincy has been named to the Dean's List for the fall semester at Western New England Uni-

versity in Springfield. He is working toward a BSE in computer engineering.



Real Estate

Quincy Real Estate Transactions February 13 - February 17

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Arjan Keka
Castlehill Realty Trust
Maher Family Trust
Robert A. Verrochi Trust
Ethan Zeng
Ellen B. Gray Irrevocable Trust
Shelly Oakes & Carol A. Gauthier
Matthew Jenkins
Patricia M. Pike-Smolinsky Family Revocable Trust
Candy S. Ho & Lan Mak
Michael & Katherine Starzyk
Sai H. & Pui Y. Ma
Esther M. Mullaney Irrevocable Trust
Gerard J. Haviland
Caesar P. & Carol S. Moran
Kenrich LLC

BUYER

Emily Moloney & Brain P. Ledger
Peter Y. & Yvonne L. Ko
Siva Kumar & Arulmozhi Kanniappan
Andrew & Maureen Conneely
Klea & Holti Arapi
Anh H. Nguyen
Mai Nguyen & Tuan Phan
Richard Li & Soi Han Tam
Rachael McIver
Anges Setow
Angel Aparicio & Almudena Fernandez
Robert W. & Sally W. Lee
Natacha & Viau Bien-Aime
PT Investments LLC
Colin & Kristen Hill
52 Federal Ave Realty LLC

AMOUNT

\$670,000.00
\$720,000.00
\$405,000.00
\$565,000.00
\$430,000.00
\$560,000.00
\$330,000.00
\$550,000.00
\$539,000.00
\$340,000.00
\$605,000.00
\$480,000.00
\$950,000.00
\$525,000.00
\$800,000.00
\$1,200,000.00

ADDRESS

69-71 Avalon Avenue
58-60 Euclid Avenue
200 Cove Way Unit 410-II
24 Grogan Avenue
5 Moody Street Unit 8
404 Fenno Street
57 Broadway
26 Sixth Avenue
33 Aberdeen Road
77 Adams Street Unit 503
218 Hollis Avenue
115 Hollis Avenue
714 Sea Street
15 Dunbarton Road
59 Virginia Road
42-52 Federal Avenue

Two Quincy Properties Among Top 20 Most Expensive Sold In 2022

Norfolk County Register of Deeds William P. O'Donnell reports that in 2022, 20 properties – a mix of commercial and residential – sold for more than \$20,000,000 with a median price of \$61,249,500.

Among the top 20 most expensive properties sold in 2022 in Norfolk County were two in Quincy.

The prices on the property to follow concern real estate sales during the period of July 1st, 2022, through Dec. 31st, 2022.

The 20 properties – ranked in ascending order – were:

20. 495 Turnpike St., Canton, a 93,000-square-foot warehouse facility on 14 acres, sold in July for **\$19,750,000.**

19. 7 Taunton St., Plainville “Willow Trace,” an 88-unit apartment complex, sold in September for **\$20,100,000.**

18. 418-444 Walpole St., Norwood, the 98,000-square-foot multi-

tenant retail shopping center on 8 acres sold in October for **\$20,890,000.**

17. In July, the same 98,000-square-foot property at **418-444 Walpole St., Norwood,** sold for **\$21,000,000.**

16. 30 Dan Rd., Canton, a 134,800 square foot, two-story office building on 9 acres, intended to be redeveloped into a life science office and industrial facility, sold in August for **\$21,000,000.**

15. 2 Edgewater Dr., Norwood, a 98,000-square-foot, two-story office building on 7 acres, tenanted by Siemens Healthcare Diagnostics, sold in August for **\$24,500,000.**

14. Stoughton’s 200 Shuman Ave., a 160,000-square-foot manufacturing and warehouse distribution facility on 18.5 acres, sold for **\$42,000,000** in November;

13. 1 Arboretum Way, Canton, the “Woodfield Commons,” a 156-unit

apartment complex, sold in August for **\$50,000,000;**

12. 1440 Beacon St., Brookline, a 136-unit apartment complex located near Coolidge Corner, sold in February for **\$52,900,000.**

11. 130-150 Nahatan St., Norwood, a 108,981-square-foot retail complex known as “Norwood Plaza,” sold in May for **\$57,749,000.**

10. 2500 Avalon Dr., Sharon, the “Wren at Sharon,” a 156-unit apartment complex, sold in October for **\$64,750,000.**

9. 300 Financial Park Dr., Franklin, a 300,000-square-foot warehouse and distribution facility, sold in April for **\$73,600,000.**

8. 235 Gould St., Needham, a senior and assisted living facility known as the “Wingate Residences at Needham,” sold in January for **\$73,848,192.**

7. 135 Old Post Rd., Sharon, a 192-unit apartment building known as “The Point in Sharon,” sold in January for **\$74,500,000.**

6. 1000 Marriott Dr., Quincy, the “Marriott Boston Quincy Hotel,” sold in

March for **\$82,200,000**

5. 95 West Squantum St., Quincy, a twelve-story apartment building known as “Gamma North Quincy,” sold in April for **\$90,000,000.**

4. 160 Mechanic St., Bellingham, a 345,000-square-foot, newly renovated distribution center, sold in April for **\$96,700,000.**

3. 100 Rustcraft Rd., Dedham, a 421,924-square-foot office and warehouse complex, adjacent to Legacy Place, sold in July for **\$134,100,000.**

2. 250 Station Cir., Dedham, the “Avens at Dedham Station”, a 282-unit apartment complex sold in September for **\$142,250,000.**

1. 96-114 Worcester St., Wellesley, the Sun-Life Assurance office park sold in June for **\$202,000,000.**

The top sales appear to have been a combination of residential units, retail space, industrial and warehouse space, and distribution facilities.

“This development bodes well for the Norfolk County economy, both in terms of employment and revenue,”

said O'Donnell said.

Excise taxes from these 20 sales totaled more than \$6.2 million for the state and county.

“Despite a reduction in the residential real estate sector, the commercial real estate market in Norfolk County remains active,” O'Donnell said.

In total, there were 17,398 property sales recorded in the Norfolk County during 2022, with an average price of \$1,173,256.

“As we head further into 2023, we hope to see similar real estate activity, time will tell.”

To learn more about these and other Registry of Deeds events and initiatives, “like” us on Facebook at facebook.com/norfolkdeeds. Follow

us on Twitter and Instagram at @norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information.

All land record research information can be found on the Registry's website, www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org.

Five Quincy Students On Honor Roll At Xaverian Brothers H.S.

Five students from Quincy have been named to the honor roll for the second marking period at Xaverian Brothers High School in Westwood.

They are:
Michael O'Callaghan,

grade 12, first honors; Nicholas Cerone, grade 11, first honors; Emmett Gurwitch, grade 11, first honors; Thomas Mantville, grade 11, first honors and Ronan Packard, grade 7, second honors.

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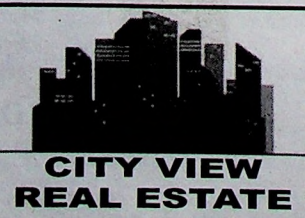
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New England Free Jacks Rugby Home Opener March 11

*Gates Open 8 A.M., First Kick 3 P.M.
At Veterans' Memorial Stadium*

By JENNY KRONISH

The New England Free Jacks have their home opener on Saturday, March 11th, at Veterans' Memorial Stadium in Quincy. Gates open at 8 a.m. and the first kick is at 3 p.m.

The professional rugby team is a part of the rapidly-growing MLR (Major League Rugby) consisting of 13 teams across North

America. The Free Jacks made Quincy their home in June, 2021, building on and sharing in the legacy of historic Veterans' Memorial Stadium.

The team has wasted little time in weaving themselves into the fabric of Quincy. Last season, the squad took part in weekly excursions to local restaurants, clubs, and

Cont'd On Page 19

NEW ENGLAND Free Jacks rugby team will play their home opener Saturday, March 11 at Veterans' Memorial Stadium in Quincy. Gates open at 8 a.m. and the first kick is at 3 p.m. Here are some photos from games played last season.

Courtesy Photos



Mayor Thomas P. Koch invites you to celebrate Women's History Month

Remember the Ladies A Presentation & Tea



Honoring
First Lady Abigail Adams
&
5 Remarkable Quincy Ladies
from the fields of Arts & Culture,
Non-Profit, Health & Wellness,
Education and History.

Mistress of Ceremony



Kimberly Bookman
Emmy-Award Winning Reporter
7News

Honorees



HISTORY
Abigail "Nabby" Smith
(1765-1828)
Daughter to John and
Abigail Adams
Presentation by Sara Martin
Editor in Chief, *The Adams Papers*
Massachusetts Historical Society



EDUCATION
Erin Perkins
Assistant Superintendent
Quincy Public Schools



ARTS & CULTURE
Sarah Labrie
Music Director
Quincy Choral Society



NON-PROFIT
Beth Ann Strollo
Chief Executive Officer
QCAP



HEALTH & WELLNESS
Cynthia Sierra
Chief Executive Officer
Manet Community Health Center

Saturday, March 4, 2023

1-3 p.m.

Quincy High School Auditorium

100 Coddington Street, Quincy, MA 02169

For more information & free tickets visit
www.QuincyMa.gov/SpecialEvents

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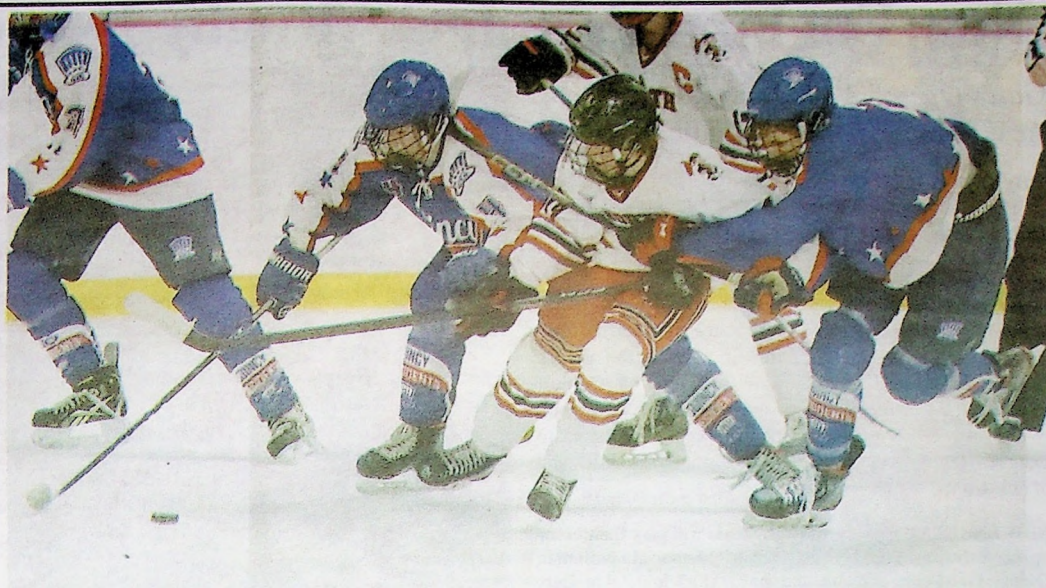
QUINCY400





QUINCY SENIOR CAPTAIN Will Martin maintains possession as North Quincy junior Charles McGrail looks to take control of the puck. Martin scored three goals for the Presidents but Quincy bowed to the Raiders 5-4 Feb. 18 at Quincy Youth Arena. North Quincy's record was 4-13-1; Quincy's record was 2-16-2 heading into the final week of regular season action.

Quincy Sun Photos/Larry Carchedi



IN A VERY competitive third period Quincy turned up the heat scoring three goals. Here North's Charles McGrail is surrounded by Michael Silverman (left) Jack Cavicchi. The Raiders earned a 5-4 victory over the Presidents sweeping the season series against their in-city rival.



DAVID D'ANTONA, a senior for the Raiders, looks to pass the puck up ice. D'Antona assisted in North's first goal of the game.



NORTH QUINCY'S Finn Meaney and Quincy captain Lincoln Hennessey battle for the puck in the first period which saw the Raiders take a 1-0 lead over the Presidents.

Raiders Ice Presidents 5-4 In Boys' Hockey

By TOM JOYCE

Both teams performed well offensively in their rivalry match last Saturday night.

However, the North Quincy High boys' hockey team established a lead early in the contest, which they protected. The Raiders defeated the Quincy Presidents 5-4 Feb. 18 at the Quincy Youth Arena. With the win, the Raiders improved to 4-13-1 on the season; with the loss, the Presidents fell to 2-16-1.

"It was about time we scored some goals," Raiders head coach Matt Gibbons said. "We've definitely been playing better these past two weeks. Those first two periods were us putting it together. We had plenty of possessions, shots, played well in our own end, and we



WITH NORTH QUINCY freshman Joseph D'Antona closing in, Quincy senior Teddy Lynch protects the puck and moves it up ice. Lynch scored the Presidents' fourth goal but Quincy bowed 5-4 to the Raiders.



NORTH QUINCY SENIOR captain James Rogers moves the puck up ice in front of a full house at Quincy Youth Arena Feb. 18. Rogers had two goals and an assist in a 5-4 victory over the Presidents.

Cont'd On Page 17

Raiders Ice Presidents In Boys' Hockey, 5-4

Cont'd From Page 16

kind of held on in the third period."

Charlie McGrail gave the Raiders an early lead in this one. He netted the team's first goal of the contest with 9:54 remaining in the first period. It was the only goal scored in the period. However, in the second frame, the Raiders' offense exploded, netting four goals.

This strong offensive effort started with a short-handed goal from captain James Rogers with 14:03 remaining in the period. While the Presidents responded with a power play goal from captain Will Martin less than one minute later, the Raiders led 5-1 at the end of the period. Rogers smashed a slapshot into the back of the Presidents' net with 10:46 left in the period, giving the team a 3-1 lead. Additionally, Finn Meaney scored with 6:38 remaining and Vinny O'Leary added another goal with 4:56 left in the second period. O'Leary capitalized on a second-chance opportunity for his goal.

While the Presidents' offense shined in the final frame, the Raiders protected



QUINCY SENIOR CAPTAIN Liam VanGestal with the puck in the third period. VanGestal had an assist in the game.

their lead. Aidan McGuinness made three strong saves early in the third period, helping the team protect its lead. The Presidents had a strong shot on a two-on-one rush, but the goaltender made the stop 19 seconds into the period. Additionally, Martin tried to capitalize on a second-chance opportunity with 12:04 remain-

ing, but the goalie dove for the puck, making the save.

Martin ended up scoring a hat trick in this one. He added two more goals with 6:47 and 4:12 remaining. On his second goal of the game and first of the third period, he outmaneuvered two Raider defenders before successfully getting off his

Cont'd On Page 19



NORTH QUINCY players - #4 Michael Silverman, #11 David D'Antona, James Rogers and Cole Hussey - celebrate scoring a shorthanded goal in front of their fans in the second period. The goal scored by James Rogers put the Raiders up 2-0 in the second period enroute to a 5-4 win over the Quincy Presidents Feb. 18 at Quincy Youth Arena.



QUINCY BATTLED BACK from a 5-1 deficit to close the gap to 5-4 in the third period but the Raiders held on for the victory. Here Quincy's Cole Quigley and North's Michael Silverman battle for control of the puck.

Quincy Sun Photos/Larry Carchedi



QUINCY GOALTENDER Sean Halley came in the game in the second period and held North Quincy scoreless for the remainder of the game.



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QUINCY
COLLEGE



Quincy Youth Hockey News

There are lots of great things happening around the rink at Quincy Youth Arena. We have numerous teams placing in the top spots of their division standings for the season. Playoffs will begin towards the end of March for both the South Shore Conference and PHL leagues that Quincy Youth Hockey and Quincy 67's teams play in.

That's a wrap for our first year of Mite House League (MHL) and it was a huge success! The league ran from Oct. 1, 2022 through Feb. 11, 2023 and was open to any U6 & U8 Mite age players. Over 60 kids from Quincy and surrounding towns had a blast on Saturday mornings at Quincy Youth Arena.

MHL was a fun, positive environment for the kids with music playing, and "celly's" always encouraged. The main goal of MHL was to build upon a child's love for hockey. A huge shout out to the QYH Board for launching the MHL and to the board and volunteers that dedicated their time every Saturday morning.

Thank you to Coaches Wilson, Ronan and McClory of the girls program as they have had a very exciting and successful season. The program has been steadily growing as player retention has been high and many former players have also returned to play. The U10-U14 girls recently showed their support for the Quincy-North Quincy team,



QUINCY YOUTH HOCKEY Girls U12/U14 teams supporting the Quincy/North Quincy girls' hockey team. *Courtesy Photos*



where some of the U14 girls are doubling up their playing time for the high school team. Along with supporting their teammates the girls have participated in a friendly game against the Quincy Clams (women's hockey at QYHA) and played a SSC league game at the Amica Mutual Pavillion where the Providence Bruins play.

The girls would like to thank The Kennedy Construction Company and the Quincy Clams for sponsoring them this season and purchasing all of the girls their own personalized sweatshirt. The girls are hoping to continue their regular season success in the upcoming playoffs.

The Annual QYHA Members Meeting, for all parents/guardians of QYH players, will take place on Feb. 28th at

6:30 p.m. in the warm room (upstairs) at Quincy Youth Arena. Agenda includes financial, arena and QYHA updates as well as information on the upcoming 2023/2024 season and nominations for open board of directors seats.

The next session of Learn to Skate and Learn to Play will begin March 4th for five weeks of skating. Learn to Skate takes place Saturdays at 4:20 p.m. and Learn to Play days are Saturdays and Wednesdays at 5 p.m. To register visit the website at www.quincyouthhockey.net

Be on the lookout for TRYOUT dates and times. Try-outs will take place the week of March 13th for Quincy 67's and the beginning of April for the South Shore Conference travel teams.

Q-NQ Girls' Hockey Shuts Out Stoughton On Senior Night

The Quincy-North Quincy girls' ice hockey team celebrated Senior Night Feb. 8 with a 6-0 victory over Stoughton at Quincy Youth Arena.

A pre-game ceremony honored five of the team's seniors and their families. Seniors captain Hailey Concannon, captain forward Maggie Dineen, forward Abigail Newton, forward Angel Bresnahan, and forward Katie Stirling all participated in the ceremony.

The game started fast for QNQ scoring just a few minutes in on a goal from Dineen with assists going to sophomore Megan Caldwell and sophomore Ciara Folan.

Just two minutes later QNQ would add to the lead with a goal by freshman Emily Lim assisted by Abigail Newton. QNQ added two more goals over the next few minutes the first coming from Ciara Folan scoring on an assist from her twin sister sophomore Ashlinn Folan. Lim



QUINCY-NORTH QUINCY girls' hockey team. Front row left to right: Hailey Concannon, Siena Nichol, Lucy Morkin, Lila Cook, Emily Lim, Anna Greene, Casey Perdios, Mackenzie Ilacqua and Maggie Webber. Back row: Assistant coach Peter Chrisom, Angel Bresnahan, Maddie Case, Ashlinn Folan, Ciara Folan, Megan Caldwell, Maggie Dineen, Caroline Snyder, Abigail Newton, Katie Stirling, Chloe Melchin, head coach Jeff Craig and assistant coach Kyle Craig.

would strike again to push the QNQ lead to 4-0; assists from Caldwell and Newton. QNQ would add another in the second on the second goal of the day for Folan on a beautiful pass from Lim on a two-on-one and also

an assist from junior Caroline Snyder. QNQ would get one more in the third on a goal by eighth grade forward Mackenzie Ilacqua on a great pass from Dineen to send her in on a breakaway.

Ashlinn Folan also had an assist on the goal.

Concannon was flawless in net earning the shutout. Snyder, Folan, freshman Sienna Nichol, and freshman Lila Cook led a strong de-

fensive effort.

In other recent action, Q-NQ bowed to Hingham 6-0 Feb. 11 and fell to Plymouth North-South 3-1 Feb. 15.

The team wraps up its

regular season this week at the Gould Cup Tournament at the Hobomock Ice Arena in Pembroke. Other competing teams were Hanover, Pembroke and Scituate.

Two Quincy Students On Dean's List At Saint Anselm College

Two students from Quincy have been named to the Dean's List for the fall semester at Saint Anselm College in Manchester, N.H.

They are: Maeve Collins, Class of 2023, nursing; and Emily O'Malley, Class of 2024, elementary education.

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FIVE SENIORS on the Quincy-North Quincy girls' ice hockey team were recognized at a ceremony on Senior Night Feb. 8. From left to right: Katie Stirling, co-captain Maggie Dineen, co-captain Hailey Concannon, Abigail Newton and Angel Bresnahan.

Courtesy Photos

Raiders Ice Presidents In Boys' Hockey, 5-4

Cont'd From Page 17

his shot.

With under a minute left to play, the Presidents scored again. This time, the team had pulled its goalie and Teddy Lynch netted a goal after Martin won a faceoff in enemy territory.

While the Presidents pulled within a goal with 46.2 seconds remaining, they were unable to score again after that, so the Raiders won 5-4.

The Raiders have been enjoying more success as of late. Three days before defeating the Presidents, they had a 4-3 win over Plymouth North. Additionally,

they tied Pembroke 2-2 on Feb. 11.

"We have good leadership from our captains, and they're sticking to it," Gibbons said. "We're taking it practice by practice, game by game, and making sure each time we leave the ice we get better. And we've really done that this year."

The Presidents have some experience on their side this year, with eight seniors on the team.

The roster for the President includes: junior forward Teddy Lynch, sophomore forward David Mellyn, sophomore captain and forward Lincoln Hen-

nessey, sophomore forward Anthony Tibbetts, junior forward Sam Schaaf, sophomore forward Cole Quigley, sophomore forward Ian Manning-Harvey, junior forward Tom Curtin, senior forward and captain Liam VanGestel, freshman forward Travis Garrett, junior forward Jack Dunn, sophomore forward Joe Curtin, senior forward Collin Gates, senior forward and captain Will Martin, junior defenseman Liam Foley, junior defenseman Declan Rogers, senior defenseman and captain Andrew Novak, senior defenseman Sam Civiello, freshman defenseman Joe

MacNeil, senior goaltender Sean Halley, senior goaltender Tyler Holmes, and senior goaltender Brayden O'Connell. The team's head coach is Ted Walsh.

The Raiders are on the younger side this season; the team has five seniors on its roster.

The roster for the Raiders this season includes: senior forward Vinny O'Leary, sophomore defenseman Ian Ronan, sophomore forward Michael Silverman, sophomore forward Thomas Walsh, junior forward Michael Campbell, sophomore forward Collin McGrail, sophomore defenseman

Brian Buckley, sophomore defenseman Brian Buckley, sophomore forward Shea Winters, senior forward David D'Antona, senior forward and captain James Rogers, sophomore forward Kevin Gillespie, junior forward Charles McGrail, freshman defenseman Joseph D'Antona, freshman defenseman Luke Hurley, senior forward/defenseman and captain Noah Kearney, sophomore forward/defenseman Christopher Morgan, freshman forward Michael Cavicchi, freshman forward Roan Perry, junior forward Finn Meaney, senior defenseman Jack Cavicchi,

sophomore defenseman Cole Hussey, junior forward Matt Bowes, junior goaltender Aidan McGuinness, and sophomore goaltender Elliot Coulter. The team's head coach is Matt Gibbons.

The Presidents were scheduled to finish their regular season on Wednesday, Feb. 22 on the road against the Abington Green Wave at Rockland Ice Arena (7:50 p.m. start time). The Raiders were set to finish their regular season with a neutral site game at Hobomock Ice Arena on Wednesday, Feb. 22. However, the time and opponent had not been announced as of the start of the week.

New England Free Jacks Rugby Home Opener March 11

Cont'd From Page 15

fitness classes.

"Since day one we have been very welcomed, whether that is grabbing a coffee around the corner, or at a Free Jacks Watch Party at any number of the great Quincy restaurant pubs, or just walking down the road and getting a 'huzzah' from a passerby," said Free Jacks CEO Alex Magleby. "As importantly, we have been invited into many of Quincy's classrooms and PE classes, and coupled with partnerships with the likes of the YMCA and Quincy College, we are really starting to get a chance to share the values of rugby on and off the field with many more people.

"The game's values - re-

spect, passion, discipline, inclusivity, and sportsmanship - are in line with the people of Quincy's, and in this regard we very much feel the responsibility of representing the awesome history of Quincy to the best of our abilities to audiences around the world."

The Free Jacks' inaugural Quincy season certainly made a splash and they aim to continue in 2023. Game days offer much more than just a rugby match - the Free Jacks' "Festivals" are a full day of music and entertainment, culminating in a premier-level rugby match. Rugby fanatics and newbies alike are sure to find something to enjoy between the fun themes, interactive booths, and \$5 beer.

Between the rugby match

and additional entertainment, CEO Magleby promises a day of fun: "Some folks find coming all day, enjoying the bbq with family and friends is the best experience, while others find bringing work colleagues for the rugby action is the right way to go. Either way, we can guarantee it is one of the best values in sports entertainment—intense on-field action, a whole lot of fun around it, and without all the noise and nonsense." Even Mayor Koch was seen enjoying the game day action last season.

Led by MLR Coach of the Year, Scott Mathie, the team came off a record-breaking performance last season. The Free Jacks were first in the league going 13-3, setting an MLR record

for most wins in a season, but ultimately losing in the Eastern Conference Final to rival New York.

Mathie speaks to the importance of the team's relationship with its community and notes, "We build our culture on the values and traits that shape Quincy, Boston and ultimately New England. Therefore, we have built our team on these traits. Humility, hard work, a hunger for success and we want to do all that while having some fun." He, along with the rest of the Free Jacks, look forward to more of the electric Quincy energy this season.

The Free Jacks begin their season with a classic New England Saint Patrick's Day-style party with activities for kids, families, and the kids at heart. The

day will feature celtic folk music by "Scottish Fish", kids' parade and scavenger hunt, costume contest, as well as a highly anticipated stout festival featuring many of the best craft breweries in Greater Boston. Last year's festivals attracted the die-hard rugby fans, of course, but also many people who are new to the game.

Understanding that rugby is a growing sport in the US, Magleby provides a quick summary for those who may be more attracted by the music and off-field offerings than the fast-paced action.

"Rugby matches run for less than two hours, made up of two 40-minute halves, with the ball in play for the vast majority of that time, with passes, runs, tackles, and kicks - literally the

best of our American sports wrapped into one amazing 80 minutes. The game itself has a lot of explosiveness, intensity, and drama without a lot of the nonsense and fluff seen elsewhere," says the CEO. Fervent football fans may find some similarities between the two full-contact sports and all New Englanders will be happy to hear that two of the owners of the Free Jacks are former Patriots, Nate Ebner and Patrick Chung.

If you're looking for local fun for the whole family, head down to Veterans' Memorial Stadium to cheer on the Free Jacks and be a part of each uniquely themed festival. The fun begins March 11th, with the St. Patrick's Day Stout Festival and home opener vs. Old Glory DC.

Final Two Games Of QHS Boys' Hoop Season Cancelled After Fight

By SCOTT JACKSON

The final two games of the season for the boys' basketball team at Quincy High School were cancelled after school administrators learned of a locker room fight between a current and former player.

Supt. Kevin Mulvey on Monday said he made the decision to cancel the last two games of the season in conjunction with Principal Keith Ford, Athletic Director Kevin Mahoney, and David Parry, the coach of the boys' basketball team. The decision was made on Feb. 17, after the conclusion of the investigation into the matter.

The fight between two students - one a senior and the other a junior - occurred in the locker room at Quincy High School after school on Feb. 13, Mulvey said; one of the students was a member of the team and the other

was a former player who quit the team in January. Both students involved sustained minor injuries.

The superintendent said that other players on the team knew about the fight before it happened but did not alert their coach or other school officials.

"Many on the team knew about the fight before it happened. Therefore, we were very concerned that players knew about the impending fight and did not report it to their coach or administration," Mulvey said.

The students involved in the matter are facing disciplinary consequences in addition to the season being cancelled, he added.

Ford notified the school community about the cancellation of the season in a Feb. 17 letter.

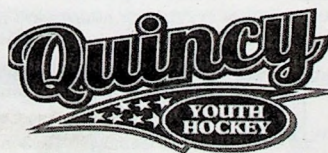
"Violations of the Athletics code of conduct were such that the impact on the

climate and culture of our athletic program and our school requires that players be held accountable," Ford said. "Participation in athletics is a privilege which students must earn by maintaining academic and behavioral standards. All Quincy Public Schools students are expected to conduct themselves with dignity and to respect other members of the school community.

"I know this is a disappointing end to a very challenging season for the coaching staff and players who have put in so much time and effort and I regret that this action has become necessary."

The boys' basketball team played its final game of the season on Feb. 14 and finished with a record of 1-17. The team had been scheduled to play in the Moscardelli Tournament this week prior to the cancellation of the season.

QUINCY YOUTH HOCKEY ANNUAL MEETING



February 28, 2023

- 6:30pm -

@ Quincy Youth Arena
60 Murphy Memorial Drive

Open to All Members QYH
Refreshments will be served

AGENDA

- Financial update of QYH and QYA
- Quincy Youth Arena Update
- Quincy Youth Hockey Association Update
- Upcoming Season 2023/2024
- Nomination of Board Members for Quincy Youth Hockey Association
 - Three (3) seats up for re-election, each with 3-year term
 - Voting takes place during registration for the upcoming season
 - Term begins May 1st
 - If interested in being a member of the Board, the following is required:
 - Nomination by a third party required
 - The person nominating you must be present and the nomination must be seconded in person at this meeting (you, the person running for election, do not have to be present)
 - Following the nomination the person seeking election must submit in writing a statement of interest for confirmation prior to March 7, 2023
 - Send confirmation to administrator@qyha.net

• Q&A/Open Discussion

OBITUARIES

Joanne M. Greene

Joanne M. (Borek) Greene, formerly of St. Peter's Parish Dorchester, of Quincy, Feb. 12, 2023.

Wife of the late Joseph A. Greene. Stepmother of Joanne Keenan and her husband Thomas of Weymouth, Kevin Greene, Julie Vialpando and her husband Mark and Michael Greene and his wife Jessica, all of Quincy and Kristin McDonough and her husband Patrick of Marshfield. Loved being Grammy Greene to 11 grandchildren and one great grandson. Sister of Michael Borek and his wife Kay of Quincy and Richard Borek and his partner Maureen Cahill of Johns Island, SC.

A Mass of Christian Burial was celebrated in Saint Agatha Church, 432 Adams



JOANNE M. GREENE

St., Milton, Thursday, Feb. 16. Visiting hours were held at Dolan Funeral Home, 460 Granite Ave., East Milton Square, on Wednesday, Feb. 15. Interment Blue Hill Cemetery, Braintree.

To send Joanne's family a condolence message, please visit www.dolanfuneral.com.

Sheila M. Pitts, 82

Sheila Marie Pitts of Whitefield, NH, formerly a longtime resident of Quincy, passed away on Wednesday, Feb. 8, 2023. She was 82.

She was born to Ruth M. Orseno and John Kaeton and raised in Quincy. Shortly after graduating from Quincy High School, she married Albert J. Pitts. Sheila was so caring and devoted many years to caring for Albert before his passing.

In her spare time, Sheila enjoyed gardening and spending time outdoors. She loved animals and was committed to feeding the birds, deer and many other animals that also called her property their home. She even had names for many of them. Sheila loved her family, especially her nieces and nephews. She'd keep coloring books and other crafts for them to do at her house, so

they would always have fun at "Aunt Shesha's".

Beloved wife of 43 years to the late Albert Pitts. Devoted mother of the late Thomas Pitts. Cherished daughter of the late Ruth Orseno and John Kaeton. Loving sister of Linda Keane (Orseno) of Medford, Michael Orseno of NC, the late James Orseno, the late Thom Orseno, Peter Orseno of Quincy, Charlene Conlon (Orseno) of Weymouth, Pat Abraham of CT, and Laurie Charlton of GA. Also survived by many nieces and nephews.

Visiting hours were held on Saturday, Feb. 18, in the Keohane Funeral Home, 785 Hancock St., Quincy. Funeral service was celebrated on Saturday in Keohane Funeral Home, Quincy. Burial will be private. Please see www.Keohane.com for directions and online condolences.

Norma Roche

After over 90 years of improbable health and eighteen months of illness, Norma (Robb) Roche of Quincy passed away on Thursday, Feb. 9, 2023. Her deep commitment to family and friends, unceasing work ethic, and tireless support of the tobacco industry (one pack at a time) were at times unusually displayed but never in doubt. It's difficult to express how losing a family member changes your life on a day-to-day basis. The calls that you no longer have to make, the rides that you do not need to provide, the visits that you do not have to arrange, the memories that you are no longer making, and, most of all, the face-to-face conversations that she will no longer have with her kids and their spouses, grandkids, great grandkids, and friends.

Norma was the daughter of the late Victor and Roberta (Fletcher) Robb of Quincy, she was also the sister of the late Dorothy Robb, Irene Robb and Edward Robb. She is survived by her brothers James Robb and John Robb.

Norma is also survived by her children Roberta (Roche) Haertlein and Glenn



NORMA ROCHE

Roche, their spouses Brian Haertlein and Jennifer (Cattaneo) Roche, grandchildren Mackenzie (Haertlein) Fecher [wife of Caleb Fecher], Cora Roche, Madison Haertlein, Theodore Roche, and Michael Roche, and great grandchildren Paisley Fecher and Leighton Fecher, as well as a long list of nieces, nephews, and dear friends. Norma is also predeceased by her child Ramona Delight Roche.

Services for Norma were private.

In lieu of flowers, have a Pepsi, watch Judge Judy, and sit by the ocean. That is what she would have wanted.

Assisting the family is Hamel-Lydon Chapel.

For more information or to leave online condolences, please visit www.hamel-lydon.com.

John G. Feller, 86

John Gregory Feller, 86, was born on Feb. 2nd, 1936 in Boston, Massachusetts. John entered into eternal rest on Jan. 6th, 2023 in Los Angeles, California.

John was intelligent and hard-working, he dedicated over 40 years of hard work while employed as a UPS Driver.

Dear cousin of Dorothy Feller of Quincy.

Visiting hours were held Friday, Feb. 17th, in the Keohane Funeral Home, 785 Hancock St., Quincy. Burial followed in Cedar Grove Cemetery, Boston.



JOHN G. FELLER

See www.Keohane.com for directions and online condolences.

Kenneth F. Wood Sr., 81

Kenneth F. "Kenny" Wood Sr. (81) of Quincy passed away peacefully at home on Feb. 13, 2023 after a long illness.

Kenny was born in South Boston in 1941. He was predeceased by his parents, Jesse A. Wood and Stella (Sparrow) Struzik. Also predeceased by his stepfather Chester Struzik.

Kenny was a proud veteran of the United States Navy who served his country during the Vietnam Era. Everyone who knew Kenny would describe him as kind, generous, funny, and a gentleman. His faith was important to him. He enjoyed cooking, woodworking, model ship building, and gardening.

Beloved husband of 58 years to Abbie (Moriarty) Wood of Quincy, formerly of County Kerry, Ireland. Loving father of Linda Scully and her husband Michael of East Bridgewater, Kerry Anne McCormack and her husband Paul of East Bridgewater, Maureen Tapper and her husband David of Quincy, Kenneth F. Wood, Jr. QPD and his wife Sarah of Quincy. Brother of Marilyn McLaughlin and her husband James of Quincy, Lorraine McDevitt and her husband Frank of Weymouth, and the late Paul Wood, Gerald "Bubby" Wood, Shirley Sutherland, Carol Allen, Ronald Wood, and Janis Casey. Loving Papa of Caitlin, Christina, and Meghan Scully, Emily, Caroline, and Claire McCormack, Shane,



KENNETH F. WOOD SR.

Ryan, Cole, and Cash Tapper, Jack, Avery, Delaney, and Aaron Wood. Also survived by many in laws, nieces, and nephews here and in Ireland.

Kenny loved his family especially his Honey, Abbie. Together, they enjoyed a life of traveling, taking long rides, going to their favorite restaurants and sitting on the deck with their morning coffee and tea. Most of all he loved being with his family especially his grandchildren who each received their own special name. They have fond memories of playing board games, splashing in the pool, cookouts and his infamous history lessons. He will be greatly missed by all who knew him.

Services were previously held. In lieu of flowers, donations in memory of Kenny may be made to The Doug Flutie Jr. Foundation for Autism, 1661 Worcester Rd., Suite 205B, Framingham, MA 01701 or to Interfaith Social Services, 105 Adams St., Quincy, MA 02169. See www.Keohane.com for directions and online condolences.

Margaret A. Forte-Golden

Margaret A. (Jones) "Peggy" Forte-Golden of Quincy, died Feb. 13, 2023.

Peggy adored her family and enjoyed spending time with them. Her faith was important to her also. She graduated from Quincy High School and lived in Quincy for over 70 years. She worked alongside her husband, who's family started Ben Franklin Press, for many years. She was a sweet, loving, and uplifting woman who will be greatly missed by all who knew her. Beloved wife of the late Thomas M. Golden. Loving mother of the late Russell A. Forte. Cherished grandmother of Ryan Forte and his fiancé Melissa Damon, Leah Forte, Edward Daly and Shawn Daly and great



MARGARET A. FORTE-GOLDEN

grandmother of Connor Murphy, Jr. Loving sister of the late Merrick Jones, Ethel Frank, Cathy Powell, and John "Jackie" Jones. Also survived by many nieces and nephews.

Services were previously held. See www.Keohane.com for directions and online condolences.

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NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

IN MEMORIAM

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1998 FEBRUARY 24 2023



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OBITUARY

James A. DePietro, 87

Mr. James "Jim" A. DePietro, 87, a Quincy resident for the past 54 years, passed away peacefully on February 16, 2023, surrounded by his loving family at home. He was born and raised in Somerville, son of the late Arthur and Josephine DePietro and his deceased brother the Rev. Arthur DePietro. He was a graduate of St. Clement's High School and Bentley College. A dedicated employee at Boston Edison for 37 years and an avid sports fan. Jim umpired both Babe Ruth and Little League Games over many summers when he wasn't swimming at Merrymount Beach or in the pool in the backyard with his children and grandchildren. A man of great faith, he was generous, kind and loving.

James is survived by his devoted and loving wife, Bernice (Callahan) and his loving children, Lee DePietro of Santa Fe, NM, Lori O'Brien and her husband Paul of Westwood, Lillian Sitcawich and her husband Ron of West Roxbury, Donna Niosi and her deceased husband Peter of Quincy, James DePietro and his wife, Carlotta of Westwood, Bernice Alers and her husband Jeff of Franklin and Artie John DePietro (deceased and living in heaven); as well as his twelve grandchildren: Kathleen



JAMES A. DEPIETRO

and Beth O'Brien; Brian, Tori, Michael, Jimmy and Jessica Sitcawich; Jacqueline and Donna Joan Niosi; Christine Niosi Shah and her deceased husband Kayur, Jake DePietro; Carissa Alers and great grandchild,

Lucas Shah.

Visiting hours were held on Tuesday, Feb. 21st at Keohane Funeral Home, 785 Hancock St., Quincy. A Funeral Mass will be held on Wednesday, Feb. 22nd at Holy Trinity Church in Our Lady of Good Counsel Church, 237 Sea St., Quincy at 10:30 a.m. All are welcome to attend. Burial in St. Joseph's Cemetery, West Roxbury.

In lieu of flowers, donations in memory of Jim may be made to Holy Trinity Parish - Our Lady of Good Counsel Church. See www.Keohane.com for directions and online condolences.

In Memoriam



In loving memory of

JIM "JJ" JORDAN

on his 81st birthday February 22.

Miss you more each day.

Love, Your family

Quincy Asian Resources, Inc. Receives \$100,000 Grant From BCBS Foundation

The Blue Cross Blue Shield of Massachusetts Foundation has awarded a \$100,000 grant to Quincy Asian Resources, Inc.

The grant was among more than \$850,000 awarded through a new program, Advancing Community-Driven Mental Health, to improve access to mental health services for adults experiencing mild to moderate distress and practical problems of daily living.

With its new, three-year grant program, the Foundation is taking an innovative approach to challenges in mental health care by leveraging an intervention devel-

oped by the World Health Organization. The WHO model, called Problem Management Plus (PM+), helps adults learn how to manage adversity and mental health stressors in their day-to-day lives and provides community-based referrals to those at risk of developing severe mental health challenges. The low-intensity psychological intervention also trains the non-clinical workforce to support people in mild to moderate mental health distress.

The Advancing Community-Driven Mental Health grant program supports five nonprofit organizations that

are focused on housing, senior services, support for people with disabilities, and other non-clinical initiatives that provide direct social or community services to individuals and families.

Quincy Asian Resources, Inc. was among the organizations that received \$100,000 each through the first year of funding. QARI will use the funding to train its family and community services coordinators to support the mental health challenges of clients who have an immigrant background, typically speak Chinese or Vietnamese and have experienced acculturation stress.

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS Department of Public Works

Thomas P. Koch
Mayor

Alfred J. Grazioso
Commissioner

Kathryn R. Logan
Chief Procurement Officer

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **Merrymount Parkway Earthwork and Retaining Wall Construction** until **11:30 a.m. local time, March 9, 2023**, in the Office of the Purchasing Department, 1305 Hancock Street, Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The work under this contract includes but is not limited to the excavation and relocation of 9,000 cubic yards of soil; construction of a 600-foot-long, 3-foot-high stone veneer retaining wall; placement of 12-inches of loam and seeding over disturbed areas. The stone veneer will be placed on a reinforced cast-in-place concrete wall. The work will include all associated mobilization and demobilization, field engineering, traffic management, and other appurtenances.

The estimated value of the contract is \$1,300,000.00. A 5% bid bond is required for the total value of the bid in the form of a bid bond or certified/treasurer's check.

The Bidder **must** be pre-qualified by the Massachusetts Department of Transportation for Highway Construction.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM. Specifications will be available February 8, 2023.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All applicable Federal, State and City of Quincy regulations in relation to and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

2/23/23



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Quincy College Hockey Team Playoff-Bound

The Quincy College men's hockey team has earned the 4th Seed in the New England Independent Hockey Conference playoffs which begin this weekend.

The Granite, who secured the postseason berth by winning five of their final six regular-season games, will take on defending National Club Champion Babson University on Friday,

Feb. 24, at 8:15 p.m. at Babson Ice Arena in Wellesley.

"This is a great accomplishment and a credit to all of our players who have worked extremely hard all season," said co-head coach Kyle Robertson. "Coming together as they did to make the playoffs in our first season of play is something to be very proud of."

Quincy's young team has benefitted from the veteran

leadership of Brendan Cabbey (Westwood), Robbie Cameron and John Early (both of Quincy), and Greg Simeone (Milton). "They've played a huge role in this team's development and evolution as a tournament-bound team," said Quincy College Athletic Director Jack Raymer.

In addition, Quincy's offense has been led by forward Aidan Burke

(Dorchester), the conference's fifth-leading scorer, along with Anthony Survilas (Salem, NH), Joe Hennessy (Quincy), Gabe Fjelsstad (Waconia, MN), George Gong (Hingham) and Early. Solid goaltending from Asher Wines (Quincy) and Dan McCarthy (New Port Richey, Florida) has helped solidify the Granite's playoff run.

MassOMS Oral, Maxillofacial Surgery Clinic Expands Into Quincy

MassOMS announces their expansion into Quincy.

As an oral and maxillofacial surgery clinic with locations in Danvers, North Andover, Burlington, and Brookline, MassOMS

serves the community as the premier wisdom teeth and dental implant experts. The company acquired Dr. Robert Garber's practice at 500 Congress St., Quincy. Dr. Garber will remain on staff as one of their in-house surgeons, joined by Dr. Jaegak Kim, an experienced surgeon trained in the full scope of oral and maxillofacial surgery.

The practice is owned by Dr. Nader Moavenian, who began running his own oral and maxillofacial surgery clinic in Nashua, New Hampshire, over 20 years ago. His company, NHOMS, has expanded throughout New Hampshire with seven locations, and opened in Massachusetts as MassOMS with five locations.

For more information about MassOMS, visit their website at MassOMS.com/ Quincy

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-5

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, March 7, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Kevin Doty for a Variance & Special Permit/Flood Plain to completely renovate and construct an addition to the home in violation of the Quincy Zoning Ordinance Section 4.1 Table of Dimensional Requirements on the premises numbered 87 THORNTON STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

2/16/23, 2/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-6

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, March 7, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Steven Marinilli for a Variance to renovate the front stairs and extend the renovated front stairs to create a farmer's porch in violation of the Quincy Zoning Ordinance Section 4.0 Dimensional Table (Front Yard Setbacks) on the premises numbered 238 MARLBORO STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

2/16/23, 2/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-7

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, March 7, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Patrick Foley, Esq. for a Variance/Finding to subdivide the lot into two lots and build a single family home on the newly created lot in violation of the Quincy Zoning Ordinance Sections 4.1 (Dimensional Requirements) Lot Area, Frontage and Setbacks 3.4.3 (Nonconforming Structures) 5.1.8 (Number of Parking Spaces) & 5.1.4 (Parking Setbacks) on the premises numbered 251-253 GRANITE STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

2/16/23, 2/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-9

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, March 7, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Victoria Wong for a Variance to subdivide the existing site into two parcels and construct two (2) new townhouse style residential units on the newly created parcel in violation of the Quincy Zoning Ordinance Sections 4.0 Dimensional Regulations (Minimum Lot Area, FAR, Frontage, Right Side Setback), 5.1.4 Off-Street Parking (Setbacks) and 5.1.16 Off-Street Parking (Paving of Yards) on the premises numbered 9 VASSALL STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

2/16/23, 2/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE STR 23-2

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, March 7, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of YehChun Poh for a Special Permit to operate a short-term rental in violation of the Quincy Zoning Ordinance Section 9.4 Special Permit on the premises numbered 260-262 SOUTHERN ARTERY, QUINCY.

Plans and Specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

2/16/23, 2/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-10

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, March 7, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Lancaster Street, LLC for a Variance to remove the commercial structures and construct two (2) townhouses totaling four (4) residential units in violation of the Quincy Zoning Ordinance Sections 4.0 Dimensional Regulations (FAR, Minimum Lot Area, Setbacks), 5.1.4 Off-Street Parking (Setbacks) and 5.1.16 Off-Street Parking (Paving of Yards) on the premises numbered 13 & 15 LANCASTER STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

2/16/23, 2/23/23

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Public Works

Thomas P. Koch, Mayor
Alfred Grazioso, Commissioner of Public Works

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for Bid **CY23 Water Main Contract #2** until **11:00 a.m. local time, March 9, 2023**, in the offices of the Purchasing Department, 1305 Hancock Street, Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The work under this contract includes but is not limited to the removal of 19,240 feet of 6-inch to 12-inch unlined cast iron water main, installation of 19,240 feet of 8-inch to 12-inch cement lined ductile iron water main, furnishing and installing related gate valves, hydrants, and appurtenances ranging in size from 6-inch to 12-inch, and all materials, equipment, services and construction inherent to the work. Cleaning and lining of 6- to 20-inch-diameter sized water main are as alternate bid items.

The Work shall be substantially complete by November 1, 2023. All Work shall be ready for final payment by November 15, 2023.

A non-mandatory pre-bid conference will be held at 10:00 a.m. local time on March 1, 2023, at the Department of Public Works, 55 Sea Street, Quincy, Massachusetts 02169. Bidders are encouraged to attend and participate in the conference.

Detailed specifications will be available on February 22, 2023 at no cost on-line at the City of Quincy's Website, https://www.quincyma.gov/govt/depts/purchasing/current_bids.htm. Bidders shall send a confirming email to purchasing@quincyma.gov to allow the City to maintain a plan holders list. If Bidding Documents are downloaded and/or printed from City's website, it is the Bidder's responsibility to check the website for any addenda before submitting a Bid. The City will not be responsible for any Bid that omits addenda acknowledgement. Bidding Documents are also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM for a refundable printing charge of \$100.00 if returned 10 days within Bid opening and in unused condition.

Each Bid shall be accompanied by a Bid security in the amount of five percent (5%) of the total value of the Bid in the form of a Bid bond or certified/treasurer's check.

The bidding and award of this Contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised, all Federal, State and City of Quincy regulations when applicable in relation to Minority Business Enterprise, Women's Business Enterprise, Minority Work Force, Equal Employment Opportunity, and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all Bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch
Mayor

Alfred Grazioso
Commissioner, Dept. Public Works

Kathryn R. Logan
Chief Procurement Officer

2/23/23

Gasoline Prices Down 4 Cents

The average gas price in Massachusetts is down four cents from last week (\$3.38), averaging \$3.34 per gallon. Monday's price is the same as a month ago (\$3.34), and 20 cents lower than Feb. 20, 2022 (\$3.54). Massachusetts' average gas price is seven cents lower than the national average.

McGrath Highway Property Update

Cont'd From Page 1

funding the city received from the federal government and would be used for meetings of Alcoholics Anonymous groups going forward.

In the resolution Mahoney and Liang introduced, they said it appears the building was acquired not with ARPA money but with funds from the \$53 million district-improvement-financing bond city councillors approved last June. They also wrote that the building on McGrath Highway "is yet another commercial property being taken off the tax rolls with-

out proper discussion from the City Council or any procedural vote."

The resolution asks that the administration provide the City Council with an update on the purchase of the McGrath Highway building, including a report of any funding used from either ARPA or the DIF bond, as well as a list of properties acquired to date using ARPA funds.

Speaking at the Feb. 13 meeting, Mahoney said councillors have asked for an update on the administration's use of ARPA funds since 2021 but have yet to receive such an update.

"On multiple occasions, we have asked for the APRA monies to be brought before us to discuss what the monies have been spent on, and we haven't seen that," Mahoney said.

In an interview in early January, Koch said the city has likely spent or allocated most of the ARPA money it received from the federal government. Some of those funds have been used to acquire properties like the Munroe Building in Quincy Center and the Town River Marina on Southern Artery, both of which were purchased without a City Council vote.

Tips For Safe Winter Driving

February is a month with a high number of traffic fatalities on the roads. According to the National Highway Traffic Safety Administration, in 2020, there were 2,674 traffic deaths in the US, a 12% increase from the previous year. Whether it's snow, sleet or ice, winter weather can cause extremely dangerous road conditions. In 2020, there were estimated 25,000 injury crashes that occurred in wintry conditions.

It's always a good idea to review safe driving tips during the cold season to minimize the chances of an accident or injury on the road.

Here are the Zutobi experts' top 10 reminders of how to keep you and your loved ones safe on the road this winter.

Reminder One: If in doubt, stay home

If upcoming weather conditions look potentially threatening and your community is preparing by canceling events, postponing start times, or scheduling school snow days, plan to wait out the weather if possible. It's always safer to stay off questionable roads than to venture out unless absolutely necessary. The fewer cars that are on snow-covered or icy roads, the less likely accidents will occur and the more likely emergency personnel can get to places where they are most needed.

Reminder Two: Plan extra time

If you must go out in bad weather, be sure to leave extra early and give yourself time to get to your destination. Speeding on icy roads is an extra bad idea. You will also reduce your stress if you know you have plenty of time.

Reminder Three: Be sure your car is in good condition

Although it's always a good idea to properly maintain your vehicle in any weather condition, it's particularly important during

the winter. For example, making sure your windshield wiper fluid is full can significantly improve your visibility on salt-covered roads. Keep your gas tank at least half full so you reduce the risk of getting stranded on an empty tank, and make sure tires and brakes are in good working condition.

Reminder Four: Employ rarely used features properly

Every vehicle has rarely used features that can be particularly helpful during the winter months. For example, driving in the lower gears in both manual and automatic transmission vehicles can help you increase your traction on slippery roads. You may want to use your parking brake more frequently, especially if you park on inclines during the winter. However, use caution when turning on your high beam headlights as the reflection from the snow can actually make it more difficult to see.

Reminder Five: Don't forget basic safety rules

Regardless of the season, remembering to fasten your seatbelt, adjust your mirrors appropriately, clear all your windows, and focus on driving will serve you well. Do not use cell phones or text while driving and try to minimize distractions. Be sure you are not under the influence of alcohol, drugs, medication, or lack of sleep.

Reminder Six: Increase the space around you

When you are on the road, it's important to keep as much space around your vehicle as possible. The easiest way is to increase the following distance between you and the car in front of you. However, if you can avoid driving right next to other vehicles or within a pack of cars, you will give yourself greater room in case you or anyone around you slides or momentarily loses control.

Reminder Seven: Be aware of dangerous road

sections

Every driver has seen the warning signs that caution should be taken on bridges because they freeze faster and melt slower than other areas of the roadway. However, it's also important to be extra careful on curves and on areas where the road is shaded from the sun. Conditions such as black ice, where a transparent sheet of frozen water is not easily visible, can easily lurk in these spots.

Reminder Eight: Remember what to do if you skid

For some reason, it's human instinct to do exactly the wrong things when you start to unexpectedly slide on an icy road. Remember that it can be dangerous to slam on the brakes and to try to overcorrect your steering if you lose control of your vehicle. Instead, take your foot off the accelerator and steer gently in the direction of the skid. Thinking about this before it actually happens can help you stay calm and react more safely in an emergency situation.

Reminder Nine: Prepare for emergencies

It's also a good idea to carry extra items in your car during the winter. For example, it's a good idea to have jumper cables, extra blankets, a snow shovel, sand or kitty litter in case your car gets stuck, a flashlight, warning devices, and extra food and water. Make sure your cell phone is fully charged before you leave.

Reminder Ten: Skip the Cruise Control

The cruise control feature can reduce stress in good weather, dry conditions, but it's not meant to be used during winter storms, on icy roads, or in other inclement weather. When driving is unpredictable, it's critical for you to stay extremely focused in both your steering and your speed so you can quickly react to dangerous situations.

Movie Review: 'Ant-Man And The Wasp: Quantumania'

By BOB GARVER

I suppose it's appropriate that movies starring Ant-Man aka Scott Lang (Paul Rudd) have always been rather "small" in the scheme of the Marvel Cinematic Universe. Yes, he showed up for Captain America in 2016's "Civil War" and played a role in saving the universe in 2019's "Avengers: Endgame," but those were parts of a team effort. In movies where he's been the lead, the character's contributions to the MCU have mostly been self-contained, with action localized to San Francisco and villains like the miserable Yellowjacket (Corey Stoll) never getting off the ground to affect other heroes.

New installment "Quantumania" throws that small scale out the window in favor of a whole new world to explore and a villain with long-term ramifications. I liked the smaller movies better, because even with the deceptive strength of an ant, the character isn't cut out for this sort of heavy lifting.

The film sees Lang, his daughter Cassie (Kathryn Newton), girlfriend Hope van Dyne aka The Wasp (Evangeline Lilly), and her parents Hank (Michael Douglas) and Janet (Michelle Pfeiffer) all shrunk down and sent to the mysterious Quantum Realm. Yes, it's technically infinitesimally small, but to the characters, it's a big mysterious world. The crew meet some new characters, like hole-obsessed gelatinous blob Veb (David Dastmalchian), exasperated psychic Quaz (William Jackson Harper), smarmy former freedom fighter Krylar (Bill Murray), and a repackaged old character that I believe now holds the title of Worst in the MCU. One look at this character, and the entire movie became instantly irredeemable. I like the actor, but this role is going to haunt him for the rest of his career.

In trying to escape the Realm, Scott and company encounter villain Kang the Conqueror (Jonathan Ma-



jors). Advance word for this movie has told me that the MCU has big plans for Kang down the line, so this is just our first taste of him. I can't say I'm terribly impressed—not with his character development, not with his ability to carry out a plan, and not with his track record. I suppose he's intimidating and dangerous enough, but his motivations go little beyond a need to "Conquer" everything, he twice gets sloppy in concealing his megalomaniacal nature, which twice leads to his twice taking losses that will hurt his perception as a threat going forward. Then again, I will say that he's off to a better start than Thanos, who spent six years as a vague grimacing presence dependent on underlings to do his bidding before he became a decent character.

The special effects are unusually subpar for a movie of this importance. Of course, they're at their worst when it comes to a certain henchman, but they're unconvincing elsewhere too. There's an overreliance on greenscreens,

especially when characters are running away from falling rubble. Maybe it's just that the Quantum Realm environment is so phony that the characters wouldn't look like they're in danger anyway. No wonder everyone wants to get out of the place so badly, it's not worth staying or even Conquering.

"Ant-Man and the Wasp: Quantumania" shows early promise with Rudd's effortless charm and Newton (of the surprisingly heart-felt horror movie "Freaky") as the new-and-improved activist version of his daughter, now grown-up thanks to surviving the Snap/Blip. But once the movie stops taking place in a recognizable plane of existence, it loses its relatability. Its legacy in the MCU will be that it marked the first big-screen appearance of Kang, but I'm waiting for the movie that marks the first "good" appearance of Kang.

Grade: C-

"Ant-Man and the Wasp: Quantumania" is rated PG-13 for violence/action, and language. Its running time is 125 minutes.

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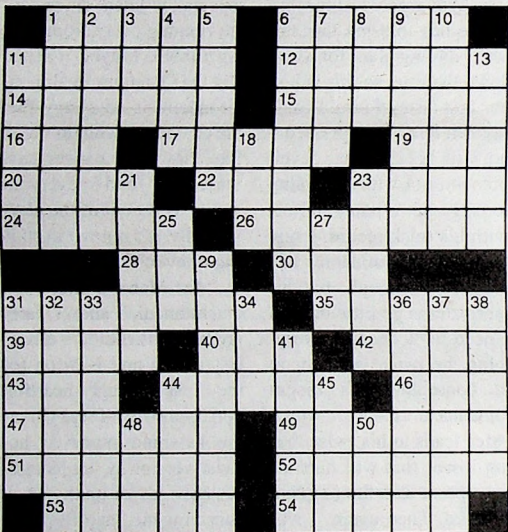
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SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Shade of blue
 - 6 Wanderer
 - 11 Physician, slangily
 - 12 Lessened
 - 14 Veep before Biden
 - 15 — del Fuego
 - 16 Some fridges
 - 17 Egypt's Anwar
 - 19 Have a bug
 - 20 Sunrise direction
 - 22 — Alamos
 - 23 Faction
 - 24 Cybercommerce
 - 26 Pungent relish
 - 28 Scratch
 - 30 Pub pint
 - 31 Passageway for Santa
 - 35 "Three Sisters" sister
 - 39 — Godiva
 - 40 Dict. info
 - 42 "Star Trek II" villain
 - 43 "Hail, Caesar!"
 - 44 Carvey and Delany
 - 46 "— had it!"
 - 47 Winter, for one
 - 49 Lon of horror films
 - 51 Inventor's insurance
 - 52 Oregon city
 - 53 Modern messages
 - 54 Actions
 - DOWN**
 - 1 Prepare leftovers
 - 2 Black Sea port
 - 3 Feminine principle
 - 4 High cards
 - 5 Faithful
 - 6 Boris' cartoon partner
 - 7 Final notice
 - 8 West of Hollywood
 - 9 Subway line
 - 10 Mock
 - 11 "Me and Bobby —"
 - 13 Longtime
 - 18 Elmer, to Bugs
 - 21 "Lassie" lad
 - 23 Porterhouse, e.g.
 - 25 PC linking system
 - 27 Einstein's birthplace
 - 29 Stinging insects
 - 31 Purse fastener
 - 32 Attack
 - 33 Think up
 - 34 Hankering
 - 36 Polished
 - 37 Sanctuaries
 - 38 In the blink of —
 - 41 Confronted
 - 44 Word of warning
 - 45 Actress
 - 46 Elisabeth
 - 48 Gender
 - 50 Bio stat



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MAGIC MAZE • APPLE VARIETIES

L R S Q N K H E B Y W H T R O
L J A S H H G E B Y W S U R P
N K I T U O G D B Z X U V S Q
O M I K S N E I G I E R Y E C
Z M E A Y E D W U D K D T S Q
S Z P S L Y Z A N O A L R L J
H F A I O C E C N L S O E A Y
X V B J E R U S K C P G B Q P
N U M U M I L N K A E J I H F
J E C F A S I E L B E A L A G
Z Y X V C P U T M R K Q P O M

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: GRANNY —

Cameo	Honeycrisp	Liberty	Pink Lady
Fuji	Jazz	Lodi	Sundance
Gala	Jubilee	Melrose	Zestar
Goldrush	Keepsake	Opal	

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HOCUS-FOCUS

BY
HENRY BOLTINGOFF



Find at least six differences in details between panels.



Differences: 1. Backpack is missing. 2. Bush is smaller. 3. Scarf is shorter. 4. Strap is moved. 5. Earflap is smaller. 6. Zipper is missing.

Trivia test

by Fifi Rodriguez

1. TELEVISION: Which cable TV series features a character named Don Draper?
2. MOVIES: What subject does Professor Minerva McGonagall teach at Hogwarts School of Witchcraft and Wizardry?
3. HISTORY: Where was civil rights leader Martin Luther King Jr. assassinated?
4. U.S. PRESIDENTS: Which president had a sign on his desk that read, "The Buck Stops Here"?
5. GEOGRAPHY: Where is the world's largest desert?
6. LITERATURE: What is the real name of the author Lemony Snicket?
7. FOOD & DRINK: What is the fruit that gives the li-

queur creme de cassis its flavor?

8. MUSIC: What inspired the Beatles' song "Blackbird"?
9. CELEBRITIES: What is singer/actress Judy Garland's birth name?
10. ANIMAL KINGDOM: What are squirrels' nests called?

Answers

1. "Mad Men."
2. Transfiguration.
3. Memphis, Tennessee.
4. Harry Truman.
5. Antarctica.
6. Daniel Handler.
7. Black currants.
8. Civil rights unrest in Little Rock, Arkansas, according to Paul McCartney.
9. Frances Ethel Gumm.
10. Dreys.

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Wishing Well®

4	6	8	4	3	7	2	7	8	4	8	5	3
S	D	N	E	B	Y	A	O	E	E	W	R	E
7	8	6	8	4	6	2	4	2	6	8	3	4
U	S	O	A	K	F	B	A	U	O	B	S	D
3	8	7	8	5	8	4	8	4	2	6	3	2
P	O	A	U	A	T	V	A	I	N	R	O	D
4	2	3	5	4	3	8	2	6	8	3	5	6
C	A	N	D	E	T	N	N	O	E	A	I	T
8	2	8	2	7	6	7	8	3	8	3	8	3
W	T	H	D	R	H	E	O	N	M	E	E	O
5	6	7	5	6	5	2	3	6	3	7	5	7
A	E	E	T	R	E	E	U	S	S	S	L	T
5	2	7	2	7	2	7	5	7	2	5	2	7
O	L	E	I	E	G	M	V	E	H	E	T	D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

Salome's Stars

ARIES (March 21 to April 19) Sometimes a setback gives you a chance to get a sharper perspective on the situation at hand. Your cheerful nature will help you override this temporary disappointment. What you learn from this pays off soon.

TAURUS (April 20 to May 20) Be careful not to charge into something you don't fully understand. Being asked to act on trust might be all right, as long as you can trust the one who asks.

GEMINI (May 21 to June 20) A chance for romance beckons from someone you thought was far out of reach. But Cupid can always come up with a shortcut. How you respond to the situation determines how the relationship develops.

CANCER (June 21 to July 22) A career move seems more likely now than when you first considered it. Some of your plans will need readjusting as new facts emerge. Be careful that you don't allow jealousy to create an unnecessary obstacle.

LEO (July 23 to August 22) Your love for beautiful things is part of what makes you the fine feline you are. But a little caution is advisable for a while. Resist the urge to splurge until your money signs look a little better.

VIRGO (August 23 to September 22) A co-worker could be trying to undermine you. Resist the temptation to retaliate. Instead, keep careful records of what you do so that you'll be ready to present a strong position when the time comes.

LIBRA (September 23 to October 22) Family problems have been simmering for a while and could soon boil over. Avoid taking sides. There are many facts you don't know yet.

Meanwhile, a business decision proves to be more complicated than you expected.

SCORPIO (October 23 to November 21) Cupid's arrow can pierce hearts, but it can't open tight lips. Only you can do that. That special someone you've been silently pining for all this time would love to hear you express those feelings.

SAGITTARIUS (November 22 to December 21) Well-meaning friends might try to persuade you to give up on that project that seems to have hit a dead end. Someone will take notice, and your persistence will pay off.

CAPRICORN (December 22 to January 19) It's one thing to make a difficult decision, but you also have to stick with it, despite any pressures to get you to change your mind. You need to reassure someone you care for that you can keep your commitments.

AQUARIUS (January 20 to February 18) This is a good time for you to remember to be good to yourself. A trip to a place that was once very special in your life reawakens many precious memories, and soon leads to making new ones.

PISCES (February 19 to March 20) An old health problem flares up and needs attention. Also, a chilly reaction from a once-warm friend needs to be confronted. Set the record straight before it's too late to save the friendship.

BORN THIS WEEK: You enjoy helping others. You have a taste for life's luxuries and will take risks to get what you want. In matters of amour, you love deeply, and you expect your amorous intensity to be returned in kind.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: R equals W

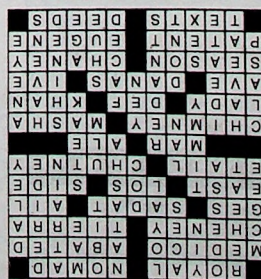
RVFZ YVHFIA REGDN YHEYAHDX
NAIUHKJA JEZV NES CEEN FWN
ZVA UEIZ EC F JGI HKNA?
SHAXVEGWN CFHA.

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King Crossword

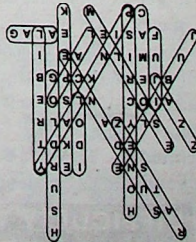
Answers

Solution time: 21 mins.



Magic Maze

ANSWERS:



CryptoQuip

answer
Greyhound fare.
the cost of a bus ride?
describe both dog food and
What phrase would properly

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HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – Former California governor and Hollywood superstar Arnold Schwarzenegger is starring in "Kung Fury 2," with Michael Fassbender. He's also starring in the new action-adventure Netflix series "FUBAR," with his "Terminator: Dark Fate" co-star Gabriel Luna. The 75-year-old former Mr. Olympia is still in great shape. And don't forget...as he promised in "The Terminator" – "I'll be back!"...and back again!

In 1959, a 26-year-old Carol Burnett starred in the musical adaptation of "The Princess and the Pea," called "Once Upon a Mattress." I was 13 and hung out at a little candy store next to the Phoenix Theater where "Mattress" was playing. Carol got her coffee at the candy store before her shows, and she'd joke with me and my two friends who were always there. I had a huge crush on her, and when "Mattress" moved to Broadway and she became a regular on "The Garry Moore Show," I commuted to the tapings. She got me a seat for every Friday show. One night, I was barred from the studio because they said I was cutting tape by laughing and clapping so that I could hear myself on TV. But what they didn't know was that I'd meet Carol after dress rehearsal at the Studio 54 coffee shop and she'd tell me where she needed laughter to put over a routine. There I sat, frantic on the floor outside the studio, and

a well-dressed, very handsome guy asked me why. I explained why, and he said, "Wait here – I'll see what I can do."

He came back a few minutes later and said he'd vouched for me, and we ended up sitting in the fourth row. When Garry Moore did his audience warm-up, he excitedly introduced a celebrity in the fourth row. "Ladies and gentlemen," he said, "I'd like you to meet the Yankee Clipper." Joe DiMaggio stood up and waved, and it was then that I realized he was the man who came to my rescue. After the show, we went to Carol's dressing room and then to dinner at China Song next door.

On April 26, which will be Carol's 90th birthday, NBC will celebrate her in a two-hour special, co-starring her famous friends – Julie Andrews, Lily Tomlin, Cher, Bernadette Peters, Katy Perry, Vicki Lawrence, "Annie" star Aileen Quinn and too many more to name. The special features moments from "Once Upon a Mattress," "The Garry Moore Show," "Julie and Carol at Carnegie Hall" and "Mama's Family" as well as her films "The Four Seasons," "Pete 'n' Tillie" and "Annie." Of course, it will also feature moments from her 11-year run of "The Carol Burnett Show."

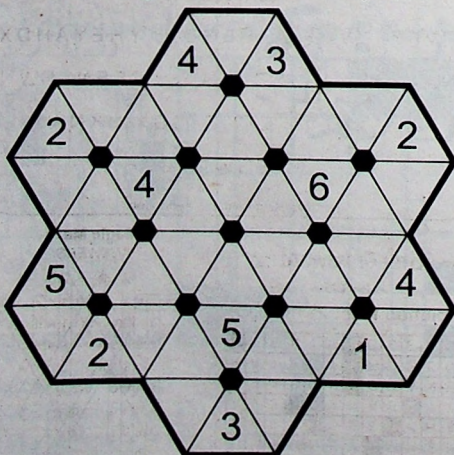
If not for Carol Burnett, I might not be a photojournalist or writing this column now.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		×		21
×		×		×	
	-		×		21
+		-		-	
	-		×		25
17		26		16	

1 3 4 5 6 7 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Lucite – It's essential for designers to stay on the cutting edge of fashion, which often means finding innovative uses for new materials. Lucite, a clear acrylic resin made by DuPont, was available for commercial use by 1937. By the 1960s, it was used in furniture. Designers often added accents made of smooth, reflective materials like chrome or brass or upholstered their pieces with bright, colorful fabric.

Another way to decorate Lucite pieces involved enclosing decorations, such as flowers, in the resin. The clear, shiny material made designs – and the rooms they furnished – look lighter. Some Lucite pieces were made in unusual shapes and styles. Others were more conventional, like this mid-century steamer trunk, which sold at New Orleans Auction Galleries for \$531. This may have an advantage over typical wooden or leather trunks: The clear material means you don't have to open it to see what's inside!

Q: What is the difference between cut glass and pressed glass? Which is more valuable?

A: Cut glass is an ancient technique that was revived in Europe in the 1500s. Cut and engraved designs added luster to the glass and helped hide flaws like bubbles. Mold-blown glass used easier and cheaper techniques to imitate cut glass. The mechanical glass press was invented in the 1820s, making production even simpler and less expensive. To tell the difference between cut glass and pressed glass, remember the three Ls: look, lift and listen. Cut glass designs have sharp edges, so they sparkle more

than pressed glass, which has rounded edges. When you pick up a cut glass item, it will feel heavier than a similar piece of pressed glass. Tap your finger against a piece of cut glass and it will ring with more clarity than pressed glass. Cut glass is usually more expensive than pressed glass, but current prices vary from under \$20 to thousands of dollars. Cut glass with a signature or famous manufacturer like Baccarat or Waterford tends to sell for higher prices. Embellishments such as silver mounts or colored glass can further increase the price.

TIP: Liquid window cleaner is an excellent jewelry cleaner.

CURRENT PRICES

- Doll set, Effanbee, Suzette, George and Martha Washington, white wigs, painted faces, blue side-glancing eyes, 11 inches, pair, \$55.
- Poster, Imagination Celebration, two figures in hot air balloon, monster and horned dog seated on ground, starry sky, multicolor, Maurice Sendak, Kennedy Center for the Performing Arts, frame, 13 1/4 x 10 inches, \$125.
- Furniture, stand, magazine, Stickley Brothers, oak, No. 6617, four shelves, notched crest, circular cutouts, two vertical slats on back, paper label, 49 1/2 x 14 x 12 inches, \$2,340.
- Satsuma porcelain figurine, Kwannon, standing, holding lotus blossom, multicolor robes, red mark, signature, early 20th century, 15 inches, \$2,560.

For more collecting news, tips and resources, visit www.Kovels.com

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STICKELERS

by Terry Stickels

Which one of the five words below does not belong with the others?

- ENTRAPMENT
- ENTREPRENEUR
- ENTERTAINMENT
- ENTANGLEMENT
- ENTICEMENT

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Strange BUT TRUE

• In 2015, a study found that having more than 10 trees on their block made folks feel as healthy as if they were seven years younger or made an additional \$10,000 a year.

• The medical term for ice cream headache is sphenopalatine ganglioneuralgia. Now you know why we call it an ice cream headache or brain freeze.

• In the NHL, if both the goalie and backup goalie are unable to play, the team can substitute any available goalie who isn't bound by a professional contract with another team. To date, such replacements have included an accountant, a facilities manager and an equipment manager.

• A course called The Science of Batman was offered at the University of Victoria in Canada in 2016, with the design of examining "how the human body can be adapted and improved based on the metaphor of the caped crusader himself."

• While still a teenager, Dasia Taylor used beet juice to develop surgical sutures that change color to indicate an infection.

• The ant-eating assassin bug piles its victims onto its body to scare predators.

• In 1829, some Victorians were gripped with pteridomania, or "fern fever," and began eagerly collecting the plants after botanist George Loddiges spread the (quite unsubstantiated) claim that they could not only improve mood, but increase both intelligence and virility.

• Asia is bigger in surface area than the moon.

• Ever heard that old claim that watching scary movies will help you burn calories because they get your heart racing? Sorry, but the "study" that produced this finding was meant more for publicity than to be taken seriously. You're more likely to burn the same amount just by lounging on your sofa...and watching something like, say, "Bambi."

Thought for the Day: "Action speaks louder than words but not nearly as often." – Mark Twain

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Now here's a tip!

by Jo Ann Derson

• "Revive the look of indoor plants with mineral oil on a soft cloth. Just wipe nicely, and it makes a big difference. Through the years, I have used this tip for both my real plants and plastic plants." – J.D. in Alabama

• Lime juice and vinegar both make good meat tenderizers. You can purchase tougher cuts of meat, season with spices and lime/vinegar and marinate for 10-15 minutes before cooking. It is a great way to ease your meat budget. Steaks are getting expensive!

• "To make onion rings easier to cut (less stinging eyes) and to have the layers separate better when making onion rings, I put my onions in the freezer for about 10 minutes before peeling. They don't freeze, but they do get nice and cold." – O.F. in Florida

• Looking for a more natural way to clean? Here's two for the bathroom: Clean chrome with baking soda on a soft, damp cloth. Follow up with vinegar for some shine. Spray lightly and wipe away with a clean cloth.

• "Men: Make your own after-shave. Thin a bottle of baby lotion with a little rubbing alcohol. Put in a hand lotion bottle, and use half a squirt. No sting, and soft, smooth skin." – T.G. in Illinois

• Add a single teaspoon of rice to the saltshaker in order to keep too many grains of salt from coming out at a time.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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Go Figure!

answers

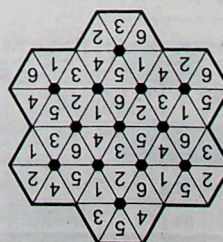
16	26	17
5	4	9
25	-	+
-	-	+
7	5	8
21	×	-
×	×	×
3	6	1
21	×	+

Sticklers Answer

ENT and end with ENT. Entrepreneur doesn't belong with the others. All of the other words start with the

SNOWFLAKES

solution

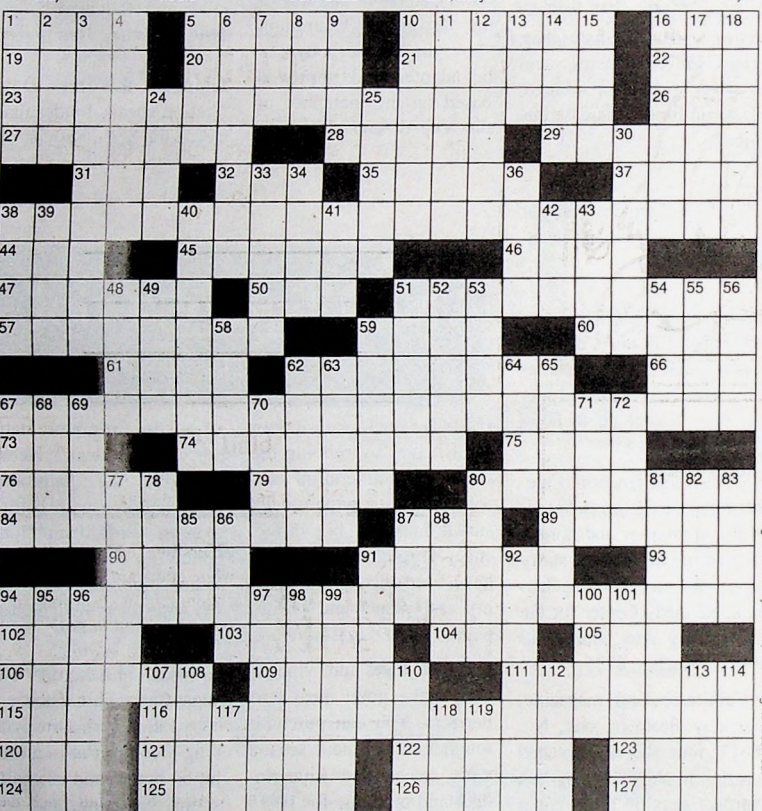


Super Crossword

TOTALLY
OUT OF IT

ACROSS

- 1 Four-string guitar
5 Bits of land in el agua
10 Luca Brasi in "The Godfather," e.g.
16 Soft infant food
19 Life — know it
20 New Mexico or Colorado county
21 Useless
22 Division of history
23 Start of a riddle
26 Mantra syllables
27 Old-time cleaning cake
28 Tennis' Safin
29 Not skilled in at all
31 Heavy weight
32 All — sudden
35 Spoken
37 French movie theater
38 Riddle, part 2
44 President Biden
45 Speaks
46 Singer Turner
47 Tell el — (Nile excavation site)
- 50 It fills la mer
51 Riddle, part 3
57 Becomes familiar with anew
59 Per-unit price
60 Mortise insertion
61 Ambulance VIPs
62 Decorative dashboard finish
66 Chain in biology
67 Riddle, part 4
73 China's Chou En —
74 Like many soda bottles, volume-wise
75 Purposely ignore
76 Book of charts
79 IRS form IDs
80 — is a virtue
84 Riddle, part 5
87 In honor of
89 Small river
90 — — mutual betting
91 Oxygen-requiring bacterium
93 Start for center or Pen
94 End of the riddle
- 102 Square yardage, e.g.
103 Instant replay option
104 Expressive rock genre
105 — Leppard (rock band)
106 Mythical man-goats
109 "In the red," e.g.
111 Division of history
115 Concorde, e.g., in brief
116 Riddle's answer
120 Grassland
121 Henner of "Taxi"
122 — Island (Providence's state)
123 Old TV's — May Clampett
124 Work unit
125 Workout wear
126 Planted
127 Some deli loaves
- 6 Leave for a short time
7 Spy novelist
8 Exhibit works
9 "... or — told"
10 Drag racer
11 New York home of Cornell
12 Relative of a stickpin
13 Raging crowd
14 PDC's cousin
15 Emperor after Claudius I
16 City on the Illinois River
17 Ralph Lauren competitor
18 Pale hue
24 Actress Skye
25 Main parts of churches
30 Fuel rating
33 Galas
34 On the Red, e.g.
36 Former senator Trent
38 Open slightly
39 City in Alaska
40 Four-piece band
41 Writer Capote, to pals
42 Org. in many spy novels
43 Make a ski mask, maybe
- 48 Lagoon
49 Christen
51 Core group
52 Frisky swimmer
53 Uncool sort
54 About
55 Lower-class, to Brits
56 Growl threateningly
58 Warning initials above an internet link
59 Hair bases
62 Actress Kate of "Grey's Anatomy"
63 Of sheep
64 "Casablanca" woman
65 Prized buy for a coin collector
67 Nail on a paw
68 Pledge
69 Brand of sneakers
70 Didn't win
71 Hang it up
72 App that asks "Where to?"
77 Frolicking
78 Move back and forth
80 Open tourney, often
81 Necessarily
82 Sleeveless cloak
83 Arabian chief
85 Pooch noise
86 Misty
87 Agent's cut
88 "... there — square"
91 Something hilarious
92 Fabric with raised designs
94 Grapple with, slangily
95 Slate clearer
96 Attachment to a dog or cat collar
97 "House" actress Wilde
98 Old-time Ford
99 NASA countdown term
100 Ferber of fiction
101 — regions (Hades)
107 Crater edges
108 Novelist Irwin
110 Corp. VIPs
112 Squeezed (out)
113 Be in power
114 Jubilant cries
117 Exist
118 "So that's your trick!"
119 Wrecker's job

celebrity
extra

by Dana Jackson

Q: Is Tina Fey working on any new shows? Did the one about the mayor get canceled? I really loved "30 Rock," and I'm hoping she'll do a reboot of it someday. — S.L.

A: It was recently announced that Fey and her former "Saturday Night Live" Weekend Update co-anchor, Amy Poehler, will be going on a comedy tour together. Since they are very busy women, they only have time for four cities, at least for now. According to Deadline.com, they'll kick it off with their first performance on April 29 in Washington, D.C., then on to the improv capital of the world, Chicago, on May 29. From there, Fey and Poehler will appear at Boston's MGM Music Hall at Fenway on June 9 and will cap off their tour in Atlantic City's Hard Rock Live at Etes Arena on June 10.

The Tina Fey & Amy Poehler: Restless Leg Tour is calling itself a celebration of "thirty years of friendship with an evening of jokes, iconic stories and conversational entertainment." Another pair of comedy legends, Steve Martin and Martin Short (who star in Hulu's "Only Murders in the

Building"), did a similar stage tour last year. Incidentally, Fey had a recurring role on their series as well.

There aren't any plans for a "30 Rock" reunion, which would prove especially difficult given star Alec Baldwin's recent legal troubles. Her most recent creation, "Mr. Mayor," starring Ted Danson, was canceled after two seasons. Despite recently striking out, I'm sure it won't be long before Fey hits another creative home run.

Q: When does the new season of "The Masked Singer" begin? I usually catch it midway through, and I want to watch it from the beginning this time. — L.A.

A: Season nine of the hit singing competition show began on Feb. 15 at 8 p.m. ET/PT on Fox. Hopefully, you caught the commercials during the Super Bowl and don't miss any episodes, but if you do, you can catch encore episodes via OnDemand, FOX NOW, Hulu and Tubi.

According to "Entertainment Weekly," this season's theme nights include Abba Night, DC Superhero Night and '80s Night. Returning panelists include Ken Jeong, Nicole Scherzinger, Jenny McCarthy-Wahlberg and Robin Thicke. Also, expect some star cameos.

Q: I read a rumor that Sheryl Lee Ralph didn't really sing at the Super Bowl — that she lip-synced instead.



Tina Fey

Photo Credit:
Depositphotos

Doesn't she have a fantastic voice? — U.J.

A: Yes, long before she won an Emmy for her comedy chops in the sitcom "Abbott Elementary," Sheryl Lee Ralph was nominated for a Tony Award for her powerful vocals in Broadway's "Dreamgirls." After she wowed ticketholders at the Super Bowl with her rendition of "Lift Every Voice and Sing," viewers at home wondered if she lip-synced the lyrics instead of singing live. The following day, Ralph neither confirmed nor denied, telling "The Hollywood Reporter," "Does it matter?...No. Thank you."

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

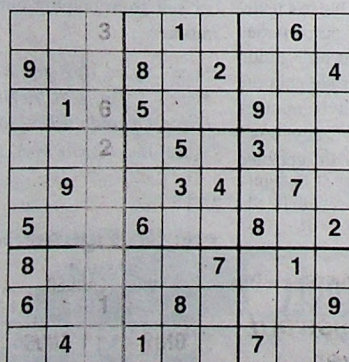
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|----------------------------------|---------------|----------------------|---------------|
| 1. Pebble | S _ _ _ _ _ | Make up for | A _ _ _ _ _ |
| 2. Split | _ _ _ _ _ D _ | Heavenly | _ _ _ _ _ N _ |
| 3. Bird cage | _ _ _ _ _ T _ | Derrick | _ _ _ _ _ N _ |
| 4. Lift | H _ _ _ _ _ | Damp | M _ _ _ _ _ |
| 5. Olympics souvenir | _ _ _ D _ _ _ | Iron or cooper, e.g. | _ _ _ T _ _ _ |
| 6. Grocery employee | _ _ A _ _ _ _ | Larger | _ _ I _ _ _ _ |
| 7. Like Bullwinkle | _ _ O _ _ _ _ | Like Mickey | _ _ U _ _ _ _ |
| 8. Vineyard building | W _ _ _ _ _ | Glad rags | F _ _ _ _ _ |
| 9. Dog lead | _ _ _ _ _ H _ | Smallest amount | _ _ _ _ _ T _ |
| 10. "Pride and Prejudice" author | _ _ _ _ _ E _ | Lone Star capital | _ _ _ _ _ I _ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 3-box square contains all of the numbers from one to nine.

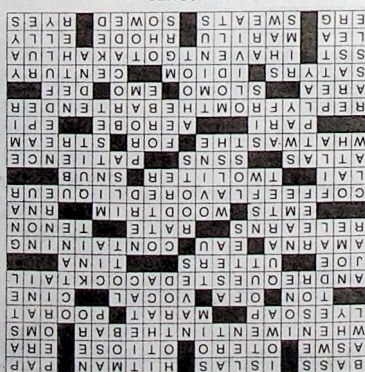
DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆ Challenging
◆◆◆ HOO BOY!

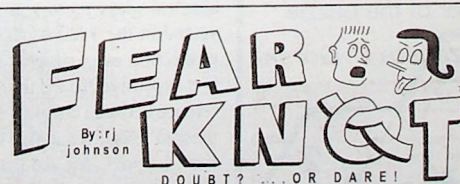
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Super Crossword

Answers

Even Exchange
answers

1. Stone, Alone
2. Divide, Divine
3. Crate, Crane
4. Hoist, Moist
5. Medal, Metal
6. Bagger, Bigger
7. Moose, Mouse
8. Winery, Finery
9. Least, Least
10. Austen, Austin

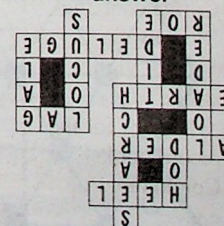


- OHD
♥RESHCA
♥TARHE
EGLE
GUDLEE
♥ERO
ELHE
DRALE
♥ALG
♥ALEROD
SCOU
♥ETDI

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

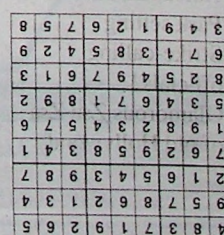


answer



Weekly SUDOKU

Answer



Amber Waves

HONEY, I DON'T GET OUR KIDS SOMETIMES.

THEY KEEP SAYING I'M LAME, STUBBORN AND USE "DAD HUMOR."

I DON'T KNOW, MAYBE I'M JUST BE "PIG-HEADED?"

...OK, I SEE IT NOW.

by Dave T. Phipps

Out on a Limb

by Gary Kopervas

POKER FACE

POLKA FACE

PASTA FACE

Americanisms

"You never completely have your rights, one person, until you all have your rights."
— Marsha P. Johnson

Just Like Cats & Dogs

by Dave T. Phipps

THIS RESORT LOOKS GREAT! THEY HAVE VOLLEYBALL, YOGA, A SPA, AND BEACH CHAIRS FOR YOU TO SIT AND COMPLAIN.



Positive Reinforcement Will Nip Cat's Negative Behaviors

DEAR PAW'S CORNER: My cat Huey will let me pet him for a few seconds, and then he'll nip at my fingers or knuckles. Am I doing something wrong? How can I get him to stop that behavior? — Sarah W., Boston

DEAR SARAH: Nipping at your hand while being petted is a very common cat behavior (or misbehavior, depending on which end of the bite you're on). It stems from instinctive behaviors that a cat learns from the time they're born through adulthood. Ideally, the best time to curb biting behavior is when they're kittens, but not everyone has that luxury -- people who've adopted adult cats, for example, or owners who thought a kit-

ten nipping their knuckles was cute, until that kitten turned into a full-grown, biting cat. As you've probably noticed, yelling, "No" at a cat doesn't always get the desired effect. Instead, gently discourage this behavior. Pet your cat as usual, but as soon as he begins to bite, withdraw your hand and turn your body partly or totally away from him. You want to communicate that biting means he won't get your attention any longer.

Another option, before settling in front of the television with Huey snuggled up next to you, is to smear a tiny bit of peanut butter or another favorite treat across your knuckles. Let him lick your knuckles periodically while you pet him. The instant he tries to bite, take your hand away. Essentially, you want Huey to not see your hand as a toy or an attention-getter. It will take a few tries, but most cats pick up on your intentions after a while, so be patient and consistent with this training.

Does your cat bite? How did you solve it? Tell us at ask@pawscorner.com.

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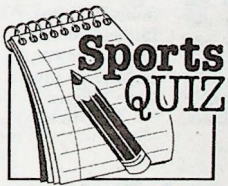
WORD LADDERS

Can you go from COINS to SPIES in 6 words? Change one letter for each rung in the ladder.

flip

bind

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by Ryan A. Berenz

- Who penned an article -- intended to be an April Fools' Day joke -- for the April 1, 1985, issue of Sports Illustrated about Sidd Finch, a fictional New York Mets pitching prospect who threw a 168-mph fastball?
- Eric Piatkowski, a 1994 first-round NBA Draft pick for the Indiana Pacers, has his No. 52 jersey retired by what college team?
- What figure skater from Japan became the first woman to land a triple axel in the Olympics when she accomplished the feat at the 1992 Albertville Winter Games?
- Name the Kansas City

- Chiefs running back who died while attempting to save three children from drowning in a Louisiana pond in 1983.
- What U.S. swimmer won four medals at the 2012 Paralympic Games in London and was a contestant on Season 25 of ABC's "Dancing with the Stars"?
 - Basketball Hall of Famer "Phog" Allen was head coach of what college team from 1919-56?
 - South Africa's senior national rugby team is commonly known by what name?

Answers

- George Plimpton.
- The Nebraska Cornhuskers.
- Midori.
- Joe Delaney.
- Victoria Maniok.
- The Kansas Jayhawks.
- The Springboks.

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WORD LADDER

Answer
SAND, BAND, BIND, FLIP, SLIP, SLID

SCRAMBLERS

Today's Word
SISTER
solution
3. Corset; 4. Paste
1. Asleep; 2. Point

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Dormant
PLEASE

Target
PINTO

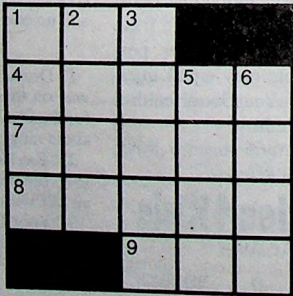
Cinch
SECTOR

Fasten
TAPES

TODAY'S WORD

Micro Crossword By Elizabeth C. Gorski

- Across
- Coffee container
 - Blow away
 - Type of violin stroke
 - "That ___ for the record books!"
 - Condo or co-op, e.g.



- Down
- Haleakala National Park setting
 - Strike-calling officials?
 - Glamorous Zsa Zsa of old Hollywood

- Word with time or danger
- Some flock members

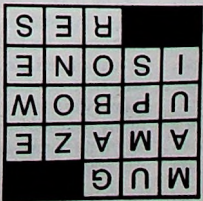
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STREAMING SOURCE

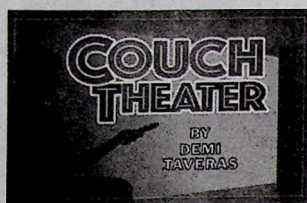
Here's what to watch and where to watch it for the week of February 27, 2023

- ON NOW: "Last Week Tonight with John Oliver" (Season 10) - HBO Max
- ON NOW: "The Bad Batch" (Season 2) - Disney+
- ON NOW: "Harley Quinn: A Very Problematic Valentine's Day Special" - HBO Max
- ON NOW: "The Reluctant Traveler" - AppleTV+
- 28-Feb: "Perfect Match" (Season 1) - Netflix
- 28-Feb: "A Whole Lifetime with Jamie Demetriou" (Stand-Up Special) - Netflix
- 1-March: "The Mandalorian" (Season 3) - Disney+
- 2-March: "Karate Sheep" (Season 1) - Netflix
- 3-March: "Next in Fashion" (Season 2) - Netflix
- 5-March: "Chris Rock: Selective Outrage" (Stand-Up Special) - Netflix
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Micro Crossword Answer



MORE SUN FUN



"Your Place or Mine" (PG-13) — Since the arrival of February marked the beginning of the most romantic time of the year, it is the perfect opportunity to dive into a rom-com! First up is a new film out now from rom-com veterans Reese Witherspoon and Ashton Kutcher. They star as Debbie and Peter, a pair of long-distance best friends who once hooked up on the night they first met. Twenty years later, they're both single, and Debbie's barely gotten a break from taking care of her teenage son, Jack. So, Peter offers to take care of Jack, switching places with Debbie for a week while she stays in his apartment and enjoys a well-deserved vacation. But little do Peter and Debbie know how much this one week will uncover deeply buried feelings from the both of them. (Netflix)

"Spoiler Alert" (PG-13) — The second rom-com film for this week brings a bit more drama with its comedy. Based on the memoir by Michael Ausiello, this film features Jim Parsons ("The Big Bang Theory") and Ben Aldridge ("Fleabag") as Kit and Michael, and just as the title suggests, the spoiler comes before the story actually begins. In the first scene of the film, Kit dies in his husband Michael's arms after an 11-month battle with terminal cancer, with the rest of the film depicting their love story through Michael's eyes. As with any relationship, the two go through ups and downs, but every circumstance ends up making them stronger, leading up to that moment where Kit takes his very last breath. Sally Field and Antoni Porowski ("Queer Eye") also star in this very touching film, out now. (Peacock)

"Sharper" (R) — For those who'd rather skip all the mushy-gushiness,

"Sharper" — with an impressive cast comprised of Julianne Moore, John Lithgow, Sebastian Stan and Justice Smith — is a psychological thriller that premieres on Feb. 17. Lithgow portrays billionaire Richard Hobbes, who's in a relationship with Moore's character, Madeline. Madeline's son, Max, is a con artist, who's dying to get his hands on the type of money Richard has. This leads Max to convince his girlfriend, Sandra, to get her claws into Richard's sheepish son, Tom, and make him fall for her so that the two can eventually con him out of Tom's huge inheritance. But don't be fooled — nobody, not even sweet Madeline, is who they seem to be. (AppleTV+)



Courtesy of AppleTV+

Justice Smith, left, and Julianne Moore star in "Sharper."

"Halloween Ends" (R) — Did you miss the final installment of the newly rebooted "Halloween" trilogy in theaters? Have no fear ... or maybe have some, because "Halloween Ends" premieres right on Valentine's Day. Jamie Lee Curtis reprises her role as Laurie Strode, who has lived with her granddaughter, Allyson, since the death of her daughter, Karen, by Michael Myers. Michael has "vanished," but his aura is still present throughout Haddonfield. Meanwhile, Allyson begins dating a man named Corey, who increasingly begins to show signs of malicious intent. Corey discovers Michael hiding in a sewer, and Corey's so entranced by him that he starts making plans to follow in his footsteps. While this is the least impressive film in the series by far, at least we got to tie a bow on the end of Michael Myers' terrifying reign. (I hope.) (Prime Video)

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Contract Bridge

THE PRACTICAL SIDE OF BRIDGE

South dealer.
North-South vulnerable.

NORTH

♠ K 7 2
♥ 9 7 5 3
♦ 6
♣ A 9 8 7 4

WEST

♠ Q 10 6 3
♥ Q 10 8
♦ J 9 3
♣ 10 5 2

EAST

♠ A J 9 5
♥ J
♦ 10 8 7 4 2
♣ K J 6

SOUTH

♠ 8 4
♥ A K 6 4 2
♦ A K Q 5
♣ Q 3

The bidding:

South West North East
1♥ Pass 2♥ Pass

Opening lead — three of spades.

It is certainly proper to make an opening lead away from an ace against a notrump contract, but it is much too risky and generally poor policy to do so against a suit contract. Most players are familiar with this rule and scrupulously abide by it on defense, but sometimes they fail to take advantage of it when they become declarer.

Consider this deal where West led a low spade against South's four-heart contract. Without giving the matter

much thought, declarer played dummy's king, obviously hoping West had the ace of spades. But the direct effect of this play was that South went down one, losing two spade tricks immediately and a heart and a club later on.

Now let's suppose declarer plays low from dummy at trick one. East wins with the jack but has no effective return. Whatever he does at trick two, South is in full command.

Thus, if East cashes the ace of spades, declarer loses only two spades and a trump, with South's club loser eventually being discarded on dummy's king of spades.

If instead East shifts to a heart or a diamond, declarer is on equally firm ground. He cashes the A-K of trump and A-K-Q of diamonds, discarding the K-7 of spades from dummy, and ultimately loses only a spade, a heart and a club. No matter how you slice it, South makes four hearts — provided he plays low from dummy on the opening spade lead.

Even if West is a player who sometimes underleads aces against suit contracts — whether from ignorance or calculated design — declarer is still best advised to play low from dummy at trick one. This one play virtually guarantees the contract against anything but a 4-0 trump division.

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by Steve Becker

Puzzles4Kids

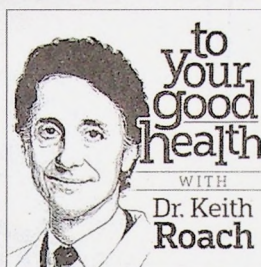
by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT IS A CAT'S FAVORITE DESSERT?

MASHED	HEADS	PERMIT	TIMER
ASTRID	DARTS	SAUCES	CASES
RECENT	ENTER	GERALD	REGAL
REMADE	DREAM	LASTED	STEAL
		RAISIN	RAINS
		ABSENT	BEAST
		CRINGE	NICER



Statin Do Not Increase Risk of Death by Suicide in Men Over 60

DEAR DR. ROACH: I have read that there is a correlation between the use of statins and suicide in men over 60, especially if they have suffered from chronic depression. Can you tell me if this has been studied more? -- K.M.

ANSWER: This concern has been studied extensively.

An older class of cholesterol medication, the fibrates, was associated with a small increased risk of suicide and violent deaths, in several large studies. However, a very large study published in 2020 showed no increase in risk of death by suicide among those taking statin drugs. In fact, that study, as well as several others, have shown a decrease in depression risk among statin users. Statins have even been found to be (modestly) effective in treatment of drug-resistant depression.

Men over 60 are certainly at a higher risk from death by suicide, but statin drugs do not appear to increase that risk. Anyone with thoughts of hurting themselves should seek care from their doctor, a mental health professional, or the suicide and crisis lifeline at 988 in the U.S. and 833-456-4566 in most Canadian provinces.

DEAR DR. ROACH: I am 74. I have always been described as small-boned. I am on a statin, but otherwise, I'm healthy. I was recently diagnosed with osteopenia. I do not eat dairy, but I do take vitamin D. I am vegetarian and eat lots of tofu. I am very concerned about taking any additional medicines. Suggestions, please? -- F.M.D.

ANSWER: Osteopenia, or low bone density, is analogous to borderline diabetes or elevated blood pressure. It's not a disease in itself, but it puts you in a range between the healthiest condition and one that can put you at risk. In the case of osteopenia, you are at a higher risk for developing osteoporosis, which, in turn, puts you at a high risk for a fracture, especially one of the spine or the hip. We

do not normally treat low bone density with medicine. Lifestyle interventions to help slow loss of bone density include not only the calcium and vitamin D you are taking, but I especially recommend exercise. Weight-bearing, muscle-strengthening and posture exercises are proven to help. Smokers should quit.

You should have gotten a T-score on your report, which compares your bone density for a given bone to a healthy young adult. The worse the T-score, the closer you are to osteoporosis, which is a T score below -2.5. Depending on how close you are to osteoporosis, the sooner your bone density test should be repeated. People with osteoporosis should be considered for medication. I understand your concern about taking more medicine than you need, but you really don't want a hip fracture to occur.

DR. ROACH WRITES: In a recent column on glaucoma, I described it as a disease of the retina. Several eye physicians wrote to clarify that it is actually a disease of the optic nerve. Eye professionals look in the back of the eye at the optic nerve for "cupping," which is an increase in the size of the optic cup related to the loss of nerve cells in the retina. But the site of the damage is in the optic nerve, where there is a difference between the eye pressure and blood pressure, either from high pressure inside the eye or from very low blood pressure. Many people with glaucoma who have normal pressures inside the eye have low blood pressure. Reducing pressure inside the eye remains the preferred treatment. I appreciate the clarifications, especially from Dr. Peter Libre at Columbia University.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

Answer

NICER	G	CRINGE
BEAST	N	ABSENT
RAINS	I	RAISIN
STEAL	D	LASTED
REGAL	D	GERALD
CASES	U	SAUCES
TIMER	P	PERMIT
DREAM	E	REMADE
ENTER	C	RECENT
DARTS	I	ASTRID
HEADS	M	MASHED

SENIOR NEWS LINE

by Matilda Charles

Are There Recalled Foods in Your Freezer?

How many food items in your freezer, refrigerator or kitchen cabinet are on recall lists?

I spotted a food recall alert on the news, but I only heard part of the announcement. On to the internet I went, looking for the information. And sure enough, for the first time ever, I actually had a recalled food item. It was a bit unnerving to realize that I hadn't been reading all the recall alerts I get in my email inbox.

While looking for more sites that provide alerts, I came across one I hadn't known about: FoodManufacturing.com. Just in the past few weeks, they've put out alerts for a certain soup because of an error on the label, several brands of Vienna sausages, hot chocolate K-cups (it might contain peanut products), a pot roast meal, sprouts, frozen chicken entrees, popcorn, frozen manicotti, diced beef ... and more.

To look at their list, go to the site and click on the "Recalls/Alerts" tab.

The Food Safety and Inspection Service arm of the Department of Agriculture issues alerts as well at www.fsis.usda.gov/recalls. Note the advanced search feature on the left side of the screen where you can filter by cause, risk level, states and more.

Food Safety (www.foodsafety.gov) provides information on the safe handling and storage of food.

Recalls.gov is another good site for recall notices. Click on the "Food" tab to see your online choices.

And what should I do with that recalled product I found in my freezer? I'm going to take it back to the store for a refund, of course.

On a sad note, did you see the Consumer Reports research on the amount of lead and cadmium in our favorite dark chocolate bars? Go to ConsumerReports.org and put "Lead and Cadmium Could Be in Your Dark Chocolate" in the search box.

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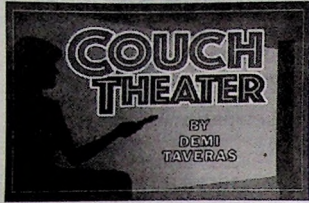
1. Who released "Lady Sings the Blues" and when?
2. "I'm Still Standing" was released on which Elton John album?
3. Which song was the first to rank as No. 1 on the Billboard Hot 100? When was that?
4. In 1953, Elvis Presley recorded a double-sided record with "My Happiness" and "That's When Your Heartaches Begin." Who was the record for?
5. Name the song that contains these lyrics: "Too many long conversations and no one is hearin' a word."

Answers

1. Diana Ross, in 1972. The song was on the double soundtrack album for the film of the same name, a biopic about singer Billie Holiday.
2. "Too Low for Zero," in 1983. The song did well on the charts, helped by an MTV video.
3. "Poor Little Fool," by Ricky Nelson, in 1958. The first thing Billboard ranked, however, wasn't records, it was sheet music, in 1913. Records weren't listed until 1936.
4. His mother, as a birthday present. Presley paid \$3.98 for the recording fee.
5. "Dancin' Shoes," by Nigel Olsson, in 1978. Olsson got his start in England with the Plastic Penny band and eventually collaborated with Elton John, Neil Sedaka, Rod Stewart and several others on numerous albums.

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MORE SUN FUN



"The Peanut Butter Falcon" (PG-13) — Although this film released in theaters back in 2019, it was considered a " sleeper hit," garnering more success in the years to come. Starring Shia LaBeouf and Dakota Johnson, this heartwarming indie film is now out on streaming platforms, which might help give it an even bigger reach. In the film, a young man with Down syndrome named Zak has dreams of becoming a professional wrestler, so he escapes from his assisted living facility to go chase his dreams. On the way, he meets Tyler (LaBeouf), who supports his venture and they begin to travel by water to Zak's dream wrestling school in North Carolina. But Zak's caretaker, Eleanor (Johnson), is close behind them to find Zak and return him back to the facility. (Paramount+)

"Smile" (R) — One of last year's biggest horror successes releases on streaming Feb. 21! "Smile" stars Sosie Bacon as Dr. Rose Cotter, a therapist at a psych ward. In a meeting with student Laura Weaver, Laura informs Rose that she saw her professor die by suicide and, since then, has been terrorized by people smiling at her, telling her she will die soon. Laura then commits suicide in front of Rose, who later sees another patient smiling and telling her that she also will die soon. Rose assumes Laura's curse has been passed onto her, and she takes any means necessary to figure out how to break the curse in time. Who would ever think that a movie about smiling would be so creepy? (Prime Video)

"We Have a Ghost" (PG-13) — This comedy-horror movie, based on a short

story by Geoff Manaugh, premieres Feb. 24, and it's a goofy, spooky watch for the whole family. David Harbour ("Stranger Things" and "Black Widow") stars as a ghost named Ernest, who haunts a home called "The House of Death." A family of four moves into the home and the youngest son, Kevin, shortly thereafter has his first encounter with Ernest. But Ernest really isn't as scary as all the town gossip claims and he can't even speak. Kevin befriends him and begins a YouTube channel featuring Ernest, making them an internet sensation. Kevin's friendship with Ernest prompts him to wonder how Ernest's death truly came to be, so he dives deeper to uncover the truth. (Netflix)



Courtesy of Netflix

From left, David Harbour, Anthony Mackie and Javi Winston star in "We Have a Ghost."

"Liaison" (NR) — Eva Green ("Casino Royale") and Vincent Cassel ("Black Swan" and the "Ocean's" franchise) star in this new British-French series premiering Feb. 24. Green plays a secret agent tasked with finding out who's behind dangerous cyberattacks taking place in the U.K. Her team tracks the main suspect, who happens to be her ex-lover, Gabriel Delage (played by Cassel). Upon secretly meeting with him, Gabriel provides her with information about the attack and agrees to work alongside her. Their past relationship is full of many secrets that inevitably crop up later and blur lines as she tries to complete her mission. (AppleTV+)

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Contract Bridge

MORE POINTS SCHMOINTS

South dealer.

Both sides vulnerable.

NORTH

♠ 10 6 5
♥ 9 5 3
♦ A K Q J
♣ K Q 6

WEST

♠ J 2
♥ A K Q J 10 8
♦ 7
♣ A J 10 5

EAST

♠ Q
♥ 7 2
♦ 9 8 6 4 3
♣ 9 8 7 3 2

SOUTH

♠ A K 9 8 7 4 3
♥ 6 4
♦ 10 5 2
♣ 4

The bidding:

South West North East
3♠ 4♥ 4♠
Opening lead — ace of hearts.

Marty Bergen's sequel to his popular 1995 book "Points Schmoints!" — aptly titled "More Points Schmoints!" — is primarily a compendium of sage advice on a variety of subjects, just as the first book was. It includes sections on hand evaluation, pre-emptive bidding, and signaling among others, plus a discussion of several popular conventions. Sprinkled throughout are more of the amusing anecdotes and words of wisdom that readers found so entertaining in the original.

Today's deal is taken from the sec-

by Steve Becker

tion on defensive card play.

"You are West, looking at a terrific hand. You are getting ready to do some serious bidding when South opens three spades. That is kind of annoying but, no choice, you bid the obvious four hearts. The auction continues with four spades by LHO, back around to you. Should you double? Probably not. Should you bid at the five-level all by yourself? No, that is crazy. So you pass.

"It is your lead. How about your singleton? No, that is unilateral. You make the normal lead of the heart ace. Partner signals with the seven. You continue with your king and everyone follows, partner playing the deuce. How do you defend? Think about where you will find the setting trick.

"The winning defense is for West to cash the club ace immediately and continue with the heart eight. It would be wrong for him to lead a heart honor, as this would tell East not to ruff. Leading your lowest heart will make it obvious for partner to ruff with his spade queen. Declarer will be forced to overruff, promoting your jack for the setting trick. This elegant play is called an uppercut.

"It was crucial to cash the club ace first. Suppose you led the eight of hearts at trick three. When partner correctly ruffed with his spade queen, declarer would discard his club loser and easily win all the remaining tricks."

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Puzzles4Kids

by Helene Hovanec

CRISSCROSS — 25 NOUNS

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

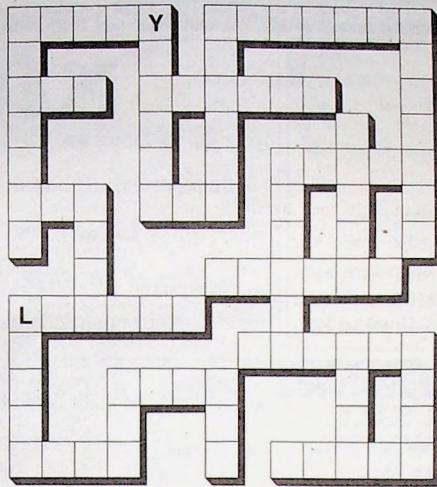
3 Letters
BED
CAB
KEY
MUG
TIE

4 Letters
BANK
BEAD
DOOR
TOAD
WELL

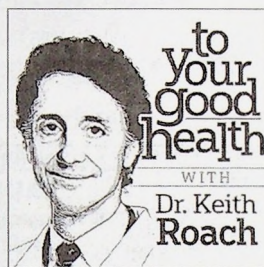
5 Letters
EASEL
HOBBY
LIGHT
MURAL
TIARA

6 Letters
BOTTLE
GARDEN
LADDER
MEADOW
PIRATE
TURTLE

7 Letters
YOGURT
HAMMOCK
LIBRARY
PRETZEL



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to Your good health

High Doses of Vitamins Lead to Vitamin Toxicity

DEAR DR. ROACH: I have I have been diagnosed with vitamin D toxicity, according to the blood work from a month ago -- my result was 122 ng/mL. I was taking high doses of vitamin D3 in pill form (15,000 IU a day for three years) bought from a drugstore. I have stopped taking it, but I need to know how long it will take to have a normal amount in my body. (Weeks, months?) Can you shed any light on this question? I would like to take it again when my level comes down, but in a lower amount. Also, by any chance, would the high amount of D3 in my system have any correlation to a diagnosis of stenosis of the aortic valve? -- C.J.

ANSWER: Vitamin D toxicity is not common. I have seen one case in my career requiring hospitalization, due to a very high elevation of the blood calcium level. Vitamin D increases absorption of calcium from food through the intestines.

In addition, calcium can come out of bones in people with very high levels of vitamin D. With high vitamin D levels, calcium levels can also become dangerously high. Common symptoms of very high calcium levels include constipation, nausea and vomiting, muscle weakness, kidney stones, and neurological symptoms, including poor concentration and fatigue. These symptoms tend to happen at levels higher than yours, above 150 ng/mL. Years of high calcium levels can absolutely cause existing heart valve disease to worsen quickly.

In cases of acute intoxication from vitamin D, available treat-

ments include steroids and pamidronate (an injectable medicine similar to alendronate and other drugs used to treat osteoporosis), which can quickly bring the calcium levels back down to normal.

Without this kind of intervention, a vitamin D level will still come down on its own, only more gradually. Vitamin D3 is removed slowly from the body, because it can go into fat tissue. It takes about two months for half the excess to be removed from the body, but because the active forms are removed more quickly, toxicity from excess vitamin D3 usually only lasts for weeks, not months. Still, you are likely not to need any vitamin D for many months, and if you do take it again, do not exceed the safe dose of 5,000 IU a day. I recommend you also get your blood levels tested. Recent studies have questioned the benefit of supplemental vitamin D for most people, although some people, such as those with osteoporosis and low vitamin D levels, probably still benefit.

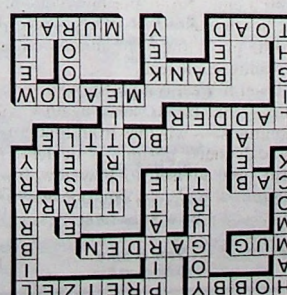
I'm very glad you wrote. Many people still don't know that excess of some vitamins can occasionally be dangerous. Vitamin A is the other vitamin where high levels can be very dangerous.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

Answer



SENIOR NEWS LINE

by Matilda Charles

Is It Taxable?

After preparing my own taxes annually for over 40 years, I'm about to have someone else do them for me for the first time.

This is not without concerns, of course, but the people who volunteer to prepare taxes at the senior center are trained. They're part of the AARP income tax assistance program, which means they're IRS-certified and therefore will know about any recent changes to tax law ... which will be handy at this point.

As of this writing, the IRS is telling people to hold off sending in their tax returns for 2022. The reason: So many states handed out so many types of money during the pandemic that the IRS isn't sure yet what is and isn't taxable. For example, checks designated as "rebates" might or might not be taxable. A COVID disaster emergency relief check is not. However, in some cases, the issue is complicated by whether you do or do not itemize. People in at least 22 states are caught in this dilemma.

If you haven't done your taxes yet and want help, or if you want to make a note for next year, do an online search for "AARP Foundation Tax-Aide Locator." Once on the site, scroll down and enter your ZIP code or town in the search field to find the locations near you.

Be sure to ask about the forms you'll need to pick up and fill out before your appointment, and whether you'll be going inside or waiting in the parking lot.

The other good news is that this AARP service is free. For me it means I don't need to spend \$50 once again to buy the computer software and do it myself and hope I haven't made an error somewhere ... perhaps with guessing wrong about whether that state check I received is or isn't taxable.

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1. Which artist released the album titled "All Things Must Pass"?
2. Who was the first to release "Blue Bayou"?
3. Which group released "Tears of a Clown"?
4. Who released "Venus in Blue Jeans"?
5. Name the song that contains these lyrics: "There goes my baby with someone new, She sure looks happy, I sure am blue."

Answers

1. George Harrison, in 1970, right after the Beatles broke up. It was a triple album: two records of songs and one of jams with other musicians. It went to No. 1 in most places around the globe. The 50th Anniversary box set (2021) did not do nearly as well.
2. The song's writer Roy Orbison, in 1961. Linda Ronstadt released her cover of the song in 1977, and it became her signature song.
3. Smokey Robinson and the Miracles, in 1970. Robinson had been about to leave the group until he saw how well the song charted. He stayed two additional years.
4. Jimmy Clanton, in 1962.
5. "Bye Bye Love," by The Everly Brothers in 1957. While The Everly Brothers' release is the best-known version, others gave it a try over the years, including George Harrison (who changed the lyrics after his wife left him).

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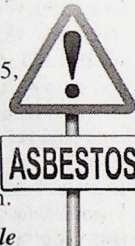
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HANCOCK MARKET 1520 Hancock St.	DAIRY FARM 330 Washington St.	BERNIE'S GENERAL STORE 1147 Sea St.	SAM'S VARIETY 125 Billings Rd.
MIGNOSA'S FRUIT BASKET 138 Granite St.	QUINCY MARKET 33 Washington St.	7-11, 721 Hancock St.	LUCKY'S WINE & LIQUOR 66 Newbury Ave.
STAR MARKET 130 Granite St.	7-11, 230 Washington St.	CVS, 42 Beale St.	CARMINE'S CAFE 69 Huckins Ave.
WALGREENS 132 Granite St.	STOP & SHOP Southern Artery	BEALE ST. NEWS AND TOBACCO 17 Beale St.	7-11, 751 E. Squantum St.
FRANKLIN ST. BP 60 Franklin St.	CVS, Southern Artery	COFFEE BREAK CAFE 12 Old Colony Ave.	LUCKY SHAMROCK 265 Beale St.
7-11, 78 Franklin St.	7-11, 650 Adams St.	SUPREME LIQUORS 615 Hancock St.	EVEREST MARKET 121 Standish Ave.
SHOP N SAVE LIQUORS 20 Independence Ave.	VILLAGE COMMON MARKET 100 Willard St.	SQUANTUM MARKET 205 W. Squantum St.	5 CORNER FOOD MART 163 Newbury Ave.
DONUT + DONUTS + MUFFINS 33 Scammell St.	COPELAND LIQUORS 273 Copeland St.	STOP & SHOP 65 Newport Ave.	WEST ELM VARIETY 139 W. Elm Ave.
PRESIDENTIAL LIQUORS 25 Scammell St.	GRANITE MART 308 Willard St.		
ADAMS VARIETY 22 Independence Ave.	7-11, Copeland St.		
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WALGREENS 418 Quincy Ave.	CORNER FOOD MARKET 1060 Hancock St.		
	200 FOOD MART 200 Sea St.		

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Winter Warmth Takes Its Toll On Trees

It's been an extremely mild winter in Quincy, in fact all of New England. It was the warmest January on record in all six New England states.

While some may welcome the warm weather, it can mean trouble for our trees and other plants.

The reality is that many plants may not experience proper spring budding this year due to the early growth brought on by warm winter weather. Premature development means that some plants may not bloom in the coming spring season, while others may only partially bloom, reducing the quantity and quality of the spring bloom.

High winter temperatures can have long-term ramifications beyond premature growth. People can expect larger populations of insects due to an increased foraging window in which they feed and breed each year. According to arborist Dan Cohen, an ISA Certified Arborist® at Hartney Grey-mont, a Davey company, the extended season could mean pests are coming out earlier than usual and in more significant numbers.

"All trees react differently when their timing is interrupted, from stunted growth of buds and flowers, to vulnerability to pests and disease," said Cohen.

All of these factors play a significant role in the health of our trees and their extensive ecological functions.

Taking the time to understand how unseasonably warm weather can affect plants, individuals can be prepared and take steps to ensure that their plants are as healthy as possible.



OAK TREE BUDDING in yard in spring.

Common Growth Risks Associated with Warm Winter Temperatures

1. Vulnerable buds.

When buds bloom too early, they are more susceptible to freezing and dying off. This may cause them to not bloom again since they have exerted all their energy.

2. Leaf problems.

While leaves will probably bounce back from a freeze, they may experience less growth, leaf drop or browning.

3. Partial blooms. If a bud has partially bloomed when the temperature drops it may reduce the quantity and quality of the spring season.

What's the Fix?

According to Cohen, each type of plant reacts differently to warm winter weather, so knowing the species in your yard is essential to addressing their year-round needs.

"Seeking a period of dormancy, many trees benefit from a long winter's chill, such as apples, peach-



YELLOW CROCUS in snow.

es, pears, plums, flowering cherries, and dogwoods," said Cohen. "These chilling hours are crucial for the tree to produce flowers and fruit."

It is vital that the early spring growth doesn't freeze over going through the transition from winter to spring. Solutions may include covering the plants during night-time freezes, or even applying mulch to help insulate them.

According to Cohen, if a pest or disease may be present, a local tree expert or arborist will need to deliver an advanced diagnosis and course of treatment. In many cases, an arborist can help your tree by either using an insecticide or pruning.

Ask your arborist for recommended methods to give

trees their desired conditions all year round.

Are your trees experiencing weather whiplash? To schedule a free consultation, contact Cohen's office or (866) 489-8310 to learn how to care for, protect and enhance your landscape in every season.

Established in 1880 and headquartered in Kent, Ohio, The Davey Tree Expert Company provides research-driven tree services, grounds maintenance and environmental consulting for residential, utility, commercial and environmental partners in the U.S. and Canada. Davey Tree is the eighth largest employee-owned company in the U.S. with over 11,000 employees. For more information visit Davey.com.

News, Events For Houghs Neck Garden Club

By JOANNE BYTHROW
Houghs Neck Garden Club

The Houghs Neck Garden Club recently met, with a packed house, to see Zen-Jay Chuang who did a presentation about East Asian Art. Our hostesses laid out a lovely array of refreshments and a delightful night was had by all.

Coming up on March 1st we will have Carol Fischer, owner of Textured Landscapes and Gardens in Quincy, who will present the reasons for planting Natives plants. A slide show presentation will feature the best natives to use for texture, color, and shape in an urban garden.

On April 20th our Tri-Club Meeting will be sponsored by the Wollaston and Squantum Garden Clubs, and will be held at the Wollaston Congregational Church. The guest speaker will Sally Muspratt whose topic is "From Backyard to Garden".

This event is for members only.

May 3rd brings Lisa Tavakoli, owner of Hallowed Herbs Tea House in Quincy, who will present her talents as she teaches us how to cook with herbs. This promises to be a fun and interesting program.

Our Annual Plant Auction is slated for June 7th at the St. Thomas Aquinas Hall on Darrow Street at 6:30 p.m. Bring cuttings or plants from your garden to share with others at this really enjoyable annual event and go home with some great bargains.

This is our last event until September, but that doesn't mean we stop meeting. You will see a group of volunteers every Saturday morning, pulling weeds, planting seasonal flowers, mulching, pruning and cleaning up the site. Feel free to put on some gloves and join us!

Don't forget "Cleaner/Greener" is coming up on May 6th. There's plenty of time to get some of your neighbors together, show your pride in your neighborhood, and dig right in. One hour for a cleaner place to live - and the results can be surprising. See you then.

The Houghs Neck Garden Club is a member of the Garden Club Federation of Massachusetts and a 501C3 non-profit organization dedicated to neighborhood beautification environmental improvement.

Quincy Brewery To Participate In Meet The Brewers: Freshman Class Of 2023

March 4th At Lookout Farm, Natick

Local business owner and brewer, Vilija Bizinkauskas of Break Rock Brewing will help kick-off Mass Beer Week as a part of a roundtable style beer tasting event, "Meet the Brewers: Freshman Class 2023," set for Saturday, March 4 from noon to 3 p.m. at Lookout Farm, 89 Pleasant St. South, Natick.

The event brings together seven of the state's newly launched breweries for a tasting event with access to brewers. The lineup includes: Break Rock Brewing Co., Dirigible Brewing Co., Hopothecary Ales & Kitchen, Hot Plate Brewing Co., Strong Side Brewing Co., The Girls Brewery and Twisted Fate Brewing Co.

Break Rock Brewing is a waterfront brewery and taproom located in Marina Bay, Quincy.

Tickets for Meet the Brewers are \$50 and all proceeds will benefit the Mass Brewers Guild, the state's trade association that exists to protect and promote the interests of craft brewers across the Commonwealth. The fundraiser aims to foster learning and education of the brewing process and inspire deeper connections between brewers and craft beer lovers.

For more information about the Mass Brewers Guild, or the state's breweries, visit massbrewersguild.org.

To purchase tickets to Meet the Brewers: Freshman Class of 2023, visit

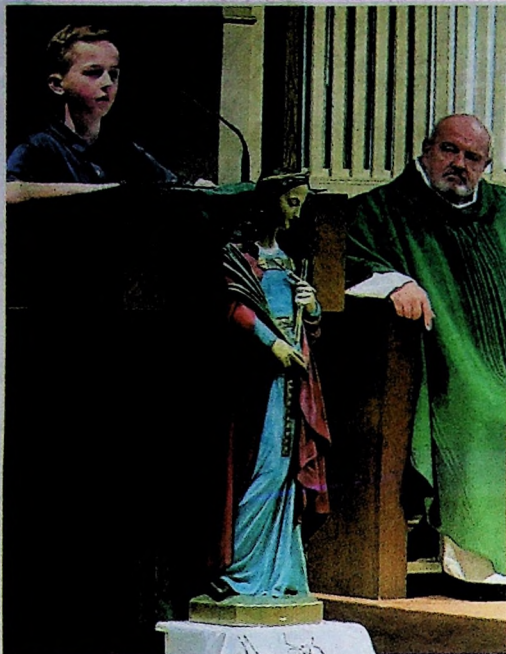
<https://events.beerfests.com/e/meet-the-brewers-freshman-class-2023/tickets>.



VILIJIA BIZINKAUSKAS of Break Rock Brewing, Marina Bay, Quincy, will help kick-off Mass Beer Week as a part of a roundtable style beer tasting event, "Meet the Brewers: Freshman Class 2023," set for Saturday, March 4 from noon to 3 p.m. at Lookout Farm, 89 Pleasant St. South, Natick.

Courtesy Photo

St. Agatha School Celebrates Catholic Schools Week



SAINT AGATHA SCHOOL recently celebrated Catholic Schools Week. Here Wyatt Rogers (Grade 7) speaks at Mass with Fr. Tom Stanton to kick off Catholic Schools Week.



SAINT AGATHA SCHOOL Principal Nancy Carr and K2 Class students celebrate Groundhog Day.



CAMERON BRISTOL (Grade 4) making a donation to the Toiletry Drive for Quincy Interfaith. *Courtesy Photos*



GRADE 2 STUDENTS made rosary beads for Catholic Schools Week with the help of parent volunteer Liz Spadea.

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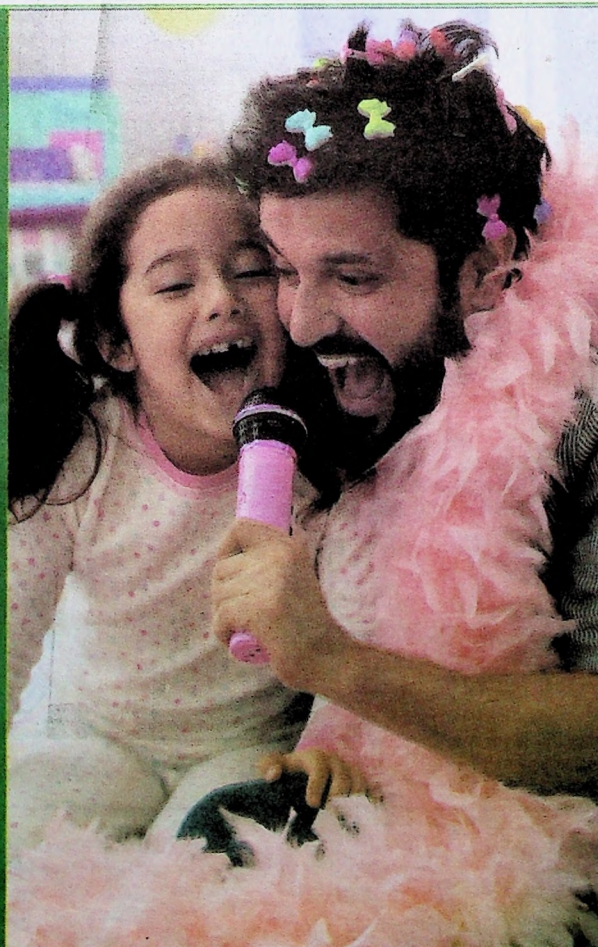
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